

BBC

July 2018
DHS15 | QR15

www.bbcgoodfoodme.com

goodfood

Middle East

Sunshine cakes

This summery peach & red berry ice cream cake is a real crowd-pleaser

**Tried
& Tasted:**

• *Carnival by Tresind*
• *Hotel Cartagena*

INSIDE:

**Dubai's first-ever
kaiseki restaurant**



WIN!

DINING VOUCHERS
AND GOURMET
HOTEL STAYS

Cool down with this
ice cream-filled cake

Farm to kitchen

*Where to order organic &
inexpensive fruit & veg in the UAE*

CPI MEDIA GROUP
CPIMEDIAGROUP.COM

Publication licensed by
Dubai Production City, DCCA



Dubai's must-try restaurants • Dining deals in Abu Dhabi • World Cup offers • Vegan menus to try

A photograph of a restaurant interior. The scene is dimly lit, featuring several large, cylindrical pendant lights with a dark red upper section and a lower section covered in a dense, shimmering crystal or sequin material. The walls are decorated with a series of dark, teardrop-shaped mirrors or frames, each containing a small, warm-toned light. In the foreground and middle ground, there are dining tables set with white linens, glassware, and silverware. The chairs have a blue and gold patterned fabric. In the immediate foreground, a candelabra with several lit candles is visible, creating a warm, intimate atmosphere.

One&Only

THE PALM
Dubai

SIMPLY SENSATIONAL

Engage all of your senses at STAY by Yannick Alléno.
A dining experience created to be shared.

Open daily from 7pm. Complimentary boat transfer from
One&Only Royal Mirage for guests with restaurant reservations.

STAY
DUBAI

oneandonlythepalm.com

+971 4 440 1030



Welcome to July!

As temperatures soar in the region and we retreat indoors, here at *BBC Good Food Middle East* we're bringing outdoor summer vibrancy inside the kitchen with beautiful summer ingredients that are perfect for enjoying this time of year.

Delight in dishes like charred asparagus, smoked salmon and shrimp with rye crumb, followed by cumin-crusted lamb with shallots, new potatoes and a side of salted mixed tomatoes – not forgetting a sweet ending of sugar-cured strawberries and white chocolate crumble from page 34 onwards.

Our stunning selection of 'sunshine cakes' from page 50 includes this month's tempting cover recipe of peach and red berry ice cream cake, which is sure to keep you and your guests cool and satisfied.

Inside this issue, you'll hear our thoughts on three of Dubai's hottest tables – Hotel Cartagena, which recently opened at JW Marriott Marquis Dubai, Kohantei at Dubai Opera – the region's first-ever Japanese kaiseki restaurant, and Carnival by Tresind – the progressive, playful Indian restaurant in DIFC, which has just launched a brand new 10-course tasting menu with wine, all for Dhs375.

In addition, we hear from Halima Jumani, the director of online fruit and vegetable website Kibsons, who reveals that high-quality, organic ingredients are becoming more affordable through the site – and best yet, they're delivered direct to your door free of charge.

Enjoy the read,



Sophie
Editor

WHAT WE'RE LOVING!



"This sea bass & artichoke salad is a beautiful dish for enjoying over the summer months," says sales executive, Liz.



Sales director, Michael says: "For a light but filling meal, give this steak & aubergine salad a try!"



"This no-fuss Eton mess cheesecake requires no cooking and can be assembled and eaten on the spot", Froilan.



EDITORIAL

MANAGING EDITOR: Michael Jabri-Pickett
mjp@cpimediagroup.com
EDITOR: Sophie Voelzing
sophie.voelzing@cpimediagroup.com
ONLINE EDITOR: Emma Hodgson
emma.hodgson@cpimediagroup.com

ADVERTISING

DIRECTOR OF SALES: Michael Phillips
SALES MANAGER: Carol Owen
SALES MANAGER: Liz Smyth

bbc.sales@cpimediagroup.com

MARKETING

Isabelle Mills
marketing@cpimediagroup.com

DESIGN

Froilan A. Cosgafa IV

FOR OTHER ENQUIRIES, PLEASE VISIT:
www.bbcgoodfoodme.com

FOUNDER CPI MEDIA GROUP
Dominic De Sousa
(1959-2015)

PRINTED BY

Emirates Printing Press LLC, Dubai

PUBLISHED BY



Head Office:

Media City, Building 4, Office G-08
Dubai, United Arab Emirates, PO Box 13700
Tel: +971 4 440 9100
Fax: +971 4 447 2409
Email: info@cpimediagroup.com

A publication licensed by Dubai Production City, DCCA

© Copyright 2018 CPI Media Group FZ LLC.
All rights reserved.

While the publishers have made every effort to ensure the accuracy of all information in this magazine, they will not be held responsible for any errors therein.

www.cpimediagroup.com

BBC Studio

PUBLISHING DIRECTOR - Chris Kerwin
DIRECTOR OF EDITORIAL GOVERNANCE - Nicholas Brett
PUBLISHING COORDINATOR - Eva Abramik
UK.publishing@bbc.com
UK.Publishing@bbc.com
www.bbcworldwide.com/uk--anz/ukpublishing.aspx

Immediate Media Co Ltd

CHAIRMAN: Martin Weiss
CEO: Tom Bureau
DIRECTOR OF INTERNATIONAL LICENSING
AND SYNDICATION: Tim Hudson
INTERNATIONAL PARTNERS MANAGER: Anna Geneviev

BBC Good Food ME magazine is published by CPI Media Group under licence from BBC Worldwide Limited, 101 Wood Lane, London W12 7FA.

The BBC Blocks are the trade mark of the British Broadcasting Corporation. Used under licence (C) Immediate Media Company Limited. All rights reserved. Reproduction in whole or part prohibited without permission.



Contents

★ Starters

4 YOUR SAY

We love hearing from you, so why not write to us with your views and comments.

6 NEWS NIBBLES

The latest food news from Dubai and across the Middle East.

8 FLAVOURS OF THE MONTH

The best restaurant offers and events happening in the region this month.

10 EAT OUT: ABU DHABI

Must-try restaurants in the capital.

15 TRIED & TASTED

Each month we review a top table in the city.

20 EAT IN OR DINE OUT: HOTEL CARTAGENA

Try dishes from newly-opened Hotel Cartagena at home with these recipes, or visit the restaurant to try firsthand.

★ Home cooking

26 4 WAYS TO TOP HUMMOUS

It's one of the nation's favourites - hummous! Here's 4 fun, delicious ways to mix the dish up.

28 EASIEST-EVER MIDWEEK MEALS

Delicious, low-cost recipes that are easy-to-make and great for the whole family to enjoy.

34 QUICK & EASY SUMMER MENU

Take your family and friends on a summer escape with this beautifully light menu.

39 EASY SUMMER LUNCHES

These recipes are perfect for getting the children involved in the kitchen over the summer holidays. Delicious and packed with goodness.

34



28



48 VEGGIE PROTEIN SUPPERS

These vegetable-based dishes are not only good for you, but taste great too!

50 SUNSHINE CAKES

For those with a sweet tooth, don't miss these cakes that really bring the sunshine indoors during the hot summer months.

50



* Gourmet lifestyle

44 HEALTH NEWS

Health and fitness news for getting into tip top shape.

46 WHERE TO GET FRUIT & VEG IN THE UAE

We speak to the founder of Kibsons to learn that you don't have to spend a fortune to eat well.

* Competitions

54 A 2-night stay at Khalidiya Palace Rayhaan by Rotana

55 A 1-night stay at Dubai Marriott Harbour's Penthouse Suite

56 Dining vouchers, kitchen goodies and more up for grabs.



Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork.

A Contains alcohol.

gf YOUR SAY

We love hearing from you!

STAR LETTER



Garlicky mushroom penne

A quickly made dish that features subtle protein in the mushroom sauce, as well as a lovely texture.

SERVES 2 PREP 10 mins COOK 15 mins EASY
 1kg mushrooms, sliced
 2 large garlic cloves, sliced
 100g penne pasta
 100g ricotta cheese
 100g parmesan, grated
 2 tbsp olive oil
 2 tsp salt

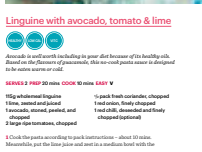
1. Heat the oven to 180°C. Slice the mushrooms and place in a bowl. Add the olive oil, salt and pepper. Toss well. Spread out on a baking tray and roast for 15 mins. 2. Meanwhile, cook the penne in a large pot of boiling water for 10 mins. Drain. 3. In a large pan, sauté the garlic in olive oil for 2 mins. Add the mushrooms and cook for 5 mins. 4. Add the ricotta and parmesan. Stir well. 5. Add the pasta and toss. 6. Serve with a sprinkle of parmesan.

Linguine with avocado, tomato & lime

A quick and easy dish that is perfect for a summer meal. Based on the flavours of summer, this no-cook pasta is designed to be eaten warm or cold.

SERVES 2 PREP 10 mins COOK 0 mins EASY
 1kg linguine pasta
 1 lime, zested and juiced
 100g avocado, sliced
 100g cherry tomatoes, halved
 2 large tomatoes, sliced

1. Cook the linguine in a large pot of boiling water for 10 mins. Drain. 2. In a large bowl, mix the lime juice and zest with the avocado. 3. Add the tomatoes and toss. 4. Add the pasta and toss. 5. Serve with a sprinkle of parmesan.



Me and my husband have been on a weight loss program since January 2018 and have lost quite a lot of weight in last five months. When we grew totally bored of eating normal recipes we got hold of BBC Good Food ME magazine, where we found

very interesting recipes. Tempted to try all of them, we got all the ingredients together and tried the beetroot & lentil tabbouleh which helped us to include the vegetables and proteins in our meal and it was not very high in calories. We loved the combination of beetroot, lentils, apple and quinoa – we just didn't add the chickpeas as it would have been very heavy meal for us. The next day we tried the hummus with minty roasted vegetables, which was a brilliant idea and made our meal super tasty and filling. Looking forward to more healthy recipes which will be tasty as well as within our calorie count. A big thank you to BBC Good Food ME magazine for all the recipes full of nutrition. Please keep publishing the same.

Ishmeen Sethi



BBC Good Food ME – please keep the staycation offers coming! My husband and I are always on the lookout for weekend deals to stay at resorts across the UAE and loved last month's feature of Eid staycation promotions. This

month we have booked two weekends away at two of the hotels because of the great rates on offer! We'll be watching for more to come in future issues, thanks a lot.

Sandra Castle

Raven Haan

WIN!

The Winner of the Star letter receives a **1,000 AED shopping voucher from Tavola**, the leading retailer for your favorite brands of kitchen products, tableware and bakeware. Shop for Alessi, WMF, Staub, Zwilling Henckels, Vitamix, Wilton and much more in our stores across the GCC and online: www.tavolashop.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

BLEU BLANC FRIDAY BRUNCH

free flow à la carte with
french bubbles | house & crafted beverages | soft drinks
AED 599 | AED 399 | AED 299

RENAISSANCE DOWNTOWN HOTEL, DUBAI
+971 4 512 5533
WWW.BLEUBLANC-DUBAI.COM

BLEU BLANC

BY DAVID MYERS

NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



FREE ICE CREAM WITH EMIRATES AT TERMINAL 3

Going on holiday this summer? Emirates is serving complimentary ice cream to all its customers at Dubai International Airport. Ice cream cups will be given out at the Terminal 3 departure and transit areas all through July and August for customers travelling from or through Dubai. Look out for Emirates branded ice cream carts placed throughout the departure and transit areas of Terminal 3 and choose from five flavours: Chocolate, Vanilla, Date & Arabic Coffee, Mango Sorbet, and Lemon Sorbet. The cool treats will be served during peak departure times every day - between 12am and 3am, 12.30pm and 2.30pm, and 6pm and 9pm. Enjoy!



Nespresso opens in Dubai Marina Mall

Nespresso has opened a new coffee boutique in Dubai Marina Mall. The concept, which first launched in Cannes is now being rolled out around the world. The new boutique has been designed to immerse guests in a bespoke coffee journey encouraging exploration. Made up of two sensory touch points; a Sensorial Welcome and Discovery at the Bar, each has been carefully designed to enhance the retail experience. Visit ae.buynespresso.com.

THE BEST BITES



Don't miss this dinner and spa deal

This summer, Palace Downtown will be offering a dine and spa deal for Dhs550 per person. Enjoy a set-menu dinner at either Asado or Thiptara, and an indulgent 50-minute signature treatment at The Spa within the hotel. Available daily (except Friday and public holidays) until September 30, 2018, The Spa is open from 9am to 10pm daily, while the restaurants are open from 6pm to 11.30pm. Set on the banks of Burj Lake and looking up at Burj Khalifa, Asado and Thiptara offer you a glimpse into the exotic cuisines and cultures of Argentina and Thailand. Created from revered recipes, Asado brings forth bold Argentinian flavours while Royal Thai cuisine at Thiptara place a special emphasis on Bangkok-style seafood. Call 04-8883444 or e-mail dine@emaar.ae or visit palacehotels.com.

TOP PRODUCT PICK



Designed to be durable, functional and perfectly handy with its ergonomic and anti-slip grip, the SMEG HBF02 hand blender is an indispensable home appliance for cooking quickly and intelligently. The convenient speed control at the top of the grip makes it easy to operate, while the turbo function makes the most of the 700 W motor. The new member of the SMEG family can also blend and chop even the toughest fruits and vegetables, always guaranteeing the best results in terms of softness and creaminess. Priced at Dhs681 from Better Life stores. Visit betterlifeuae.com.



SUMMER FUN FOR LITTLE CHEFS

If you're looking for cooking fun to keep your little one entertained during the school holidays, Ricetta, the Italian restaurant at Four Points by Sheraton Bur Dubai is all geared up to make the upcoming summer break for kids exciting. The restaurant will roll out children's cooking classes every Saturday from July 7 to August 25, 2018. Encouraging budding talent, children between the ages 6 to 14 years are invited at Ricetta to don their chef hats and get first-hand experience of creating dishes in a fun-filled environment. Priced at Dhs100 per child per class, kiddie chefs can expand their culinary skills and showcase their talent while parents can enjoy a cuppa with cookies on the sidelines. During the class, each child will be guided by Chef Prabin to prepare their own mini-masterpieces and will go home with a hard-copy of their recipe and certificate. Discounts are available if all eight classes are booked per child. Call +971 3977444 or e-mail Restaurants.Burdubai@fourpoints.com.

Flavours of the *month*

Here is what's hot and happening
around town this month.

Three new brunches to try

➤ Galvin Dubai, City Walk

Galvin Dubai, the newly-opened restaurant and bar from Michelin-starred chef brothers Chris and Jeff Galvin, has brought back its refreshed culinary experience in the form of a carefully crafted 4-course Mediterranean brunch menu. Taking place every Friday from 12pm to 4pm, brunch at Galvin Dubai is a seated affair with dishes served to the table. Enjoy dishes like pressed chicken terrine with sauce gribiche, burrata with Sicilian caponata and sourdough, or braised lamb shoulder served with a topping of harissa pomme puree and broccolini. Seafood lovers will especially like the sea bass carpaccio and a selection of fritto misto, fried oyster, baby calamari, soft shell crab – plus more. Brunch is priced at Dhs325 with soft beverages and Dhs450 with premium beverages. Brunch happy hour follows in the bar from 8pm to 8pm with 50% off selected beverages. See galvindubai.com.

➤ Hikina, Lapita, Dubai Parks and Resorts

Lily's House Brunch is the new family-friendly brunch at Lapita, launching on July 6 until September 28, from 1pm to 4pm each week. Signature live stations include dim sum, spring rolls, khow suey and hand pulled noodles with your choice of toppings plus Malaysian man tao pockets, Indonesian satays, curries and pad Thai options. The dessert corner is a treat in itself with traditional Pan-Asian dishes with a Hikina twist. Think hot steamed sweet buns, a green tea chocolate fountain and a live fried banana station. The brunch is priced at Dhs149 with soft drinks, Dhs249 with house beverages, and Dhs75 for children between 4 and 12 years old. Children below 4 years are free of charge. Call 04-8109421 or e-mail lapita.restaurantreservations@autographhotels.com.

➤ Via Veneto, Manzil Hotel, Downtown Dubai

If you love pizza and you love prosecco, head to Via Veneto's newly launched Thursday and Friday evening brunch from 7pm – 10pm. Priced at Dhs149 for ladies and Dhs199 for men, enjoy a relaxed Italian atmosphere with an unlimited supply of pizza and prosecco. Three options to choose from include the 'fiery pizza', a spicy option with tomato sauce and a selection of mixed chillies. Next there's the 'cacio e pepe pizza', a pizza topped with a base layer of ice cubes to make the base wet and soggy to stick the Pecorino cheese on the top. Ending on a sweet note, enjoy the 'flaming tiramisu pizza' with Mascarpone cheese, Nutella chocolate, and espresso coffee powder. Visit viaveneto.ae.

Galvin Dubai, City Walk

Text by SOPHIE VOELZING | Photographs SUPPLIED

👉 **folly by Nick and Scott, Madinat Jumeirah**

folly has introduced a new grill menu, which will be available during the summer months from Saturday to Wednesday every week, 7pm to 10pm. The menu, which has been curated by chef duo Nick Alvis and Scott Price, includes Australian lamb shoulder prepared with the bone removed, tied and slow confit to keep moist, then finished over the grill and served with sautéed greens, dressed with mint pesto and finished with lamb gravy. Steak lovers will be wowed by the 8oz Australian grass-fed ribeye – grilled to preference and served with chunky, hand-cut Marris Piper potato chips and béarnaise sauce. Those looking for meat-free options will not be disappointed with the spelt risotto; cooked in a roasted onion stock, finished with pureed roasted onion, creme fraiche, parmesan cheese and topped with caramelised baby onion shells, crispy sage leaves, parmesan shavings and sage butter. With prices starting from Dhs95 per dish, and an added offer of a bottle of grape for Dhs125 when ordering two dishes from the grill menu. *E-mail reservations@folly.ae or call 04-4308535.*



👉 **Khaymat Al Bahar, Jumeirah Al Qasr**



Khaymat Al Bahar, the Lebanese restaurant in Jumeirah Al Qasr, Madinat Jumeirah is offering an authentic Lebanese lunch every Friday with various sizzling live stations to tempt the taste-buds accompanied by beach-front views. Priced at Dhs265 per person, the lunch takes place every Friday from 1pm to 4pm with live entertainment and a children's play area. *Call 04-4323232.*



👉 **Anantara The Palm Dubai**

Get your swimsuit ready, it's time to hit the beach with Anantara The Palm's 'swim, eat & relax' deal'. For Dhs299 per person, enjoy beach access and a set lunch menu at The Beach House from Saturday until Thursday, until 30 September 2018. Relax on the sand or chill out in the resort's lagoon waters before enjoying Mediterranean-inspired dishes for lunch. *Call 04-5678304 or e-mail restaurants.dubai@anantara.com.*

👉 **Pisces Kitchen at Blue Orange, The Westin Dubai Mina Seyahi**

Every Thursday from 6pm to 11pm, indulge in Blue Orange's all-inclusive fresh seafood market where lobster, line fish, shell fish, oysters, sushi, sashimi and much more are all freshly prepared by expert chefs. With live music and a kids' area, the seafood special is priced at Dhs249 with soft drinks, Dhs349 with sparkling and house beverages, and children under the age of 16 dine free of charge. *Call 04-5117373 or e-mail 03034. restaurants@westin.com.*



👉 **Armani Lounge, Armani Hotel Dubai**

A summer Afternoon Tea has launched at Armani Lounge, which will take place until August 15, 2018. The sophisticated experience offers a slice of English tradition dressed with a hint of European influence. Sample the delights of a vegetable ratatouille and feta tart, Norwegian smoked salmon on tramezzino or the very British cucumber and cream cheese, along with pastries and cakes including a light zesty lemon iced tea mousse tartlet, chia seed cake and a naughty but nice fresh scone with spoonful of clotted cream and homemade preserves. Now taking place daily from 3pm to 6pm, the experience is priced at Dhs185 per person or Dhs320 per couple. *Call 04-8883666 or e-mail restaurant.reservations@armanihotels.com or visit armanihotelldubai.com.*

EAT OUT

ABU DHABI

Dining deals and happenings in the capital this month.



BLACK TAP, YAS MALL



Black Tap, the New York-based burger joint known for its signature craft burgers and Instagrammable milkshakes, will open its first Abu Dhabi-based restaurant this month at Yas Mall. Like existing UAE outposts in Dubai's Jumeirah Al Naseem and Rixos Premium Dubai, Black Tap at Yas Mall will serve favourites like the 'Greg Norman burger' with wagyu beef and blue cheese,

the classic 'all-American burger' and the 'all-natural Californian' with turkey, avocado, Swiss cheese and truffle mayo. Vegetarians fear not, as the regionally-inspired Falafel Burger is on the menu, as is the popular Vegan Burger, crafted from a black bean patty, pickled onions, salsa verde, cilantro and vegan mayo.

"Black Tap takes the classic American luncheonette, and puts our spin on it, with high quality ingredients, 90s hip hop pumping through the speakers, and a one-of-a-kind atmosphere," says Black Tap owner and famed chef Joe Isidori. Visit blacktapme.com.

SHO CHO ABU DHABI, SOUK QARYAT AL BERI

Over the summer month, Japanese eatery Sho Cho Abu Dhabi is offering 25% discount on the total bill until September. Located at Souk Qaryat Al Beri, the venue offers views overlooking the Arabian waters and the iconic Sheikh Zayed Grand Mosque. The outlet makes for the perfect spot to unwind with delicious food and sundowners prepared by mixologists, as in-house DJs play the latest music. If you're Etihad crew or a teacher, you'll receive 30% off the total bill. Call +971 2 558 1117 or e-mail abudhabi@sho-cho.com.



JAZZ BAR & DINING, HILTON ABU DHABI

For those who love to listen to live music while they eat, Jazz Bar & Dining has welcomed new band, Blakk Velvet to its stage. Made up of five multi-talented musicians from South Africa, the band has a versatile, growing repertoire of about 300 songs that cover 70s, 80s, classics, RnB, pop, jazz, reggae and dance music. Female vocalist Mbali Siluma guarantees a powerful performance for four hours, six days a week, with Unarine Adoria supporting her on vocals and keyboards. Obakeng Glory joins them on the drums, while Shadrack Fana brings the heart to the performance with his skills on the saxophone and guitar. Mthobeli Malima keeps the whole band together as bassist and sound engineer. Enjoy four hours of live entertainment by the energetic performers from 9.30pm until 1.30pm from Sunday to Friday. Call +971 (0)2 692 4247.

FAIRWAYS, WESTIN ABU DHABI

Bubblicious Brunch is back at the Westin Abu Dhabi every Friday from 12.30pm to 4pm. The multi-cuisine brunch features live cooking stations, a new mixologist station, upbeat entertain and free-flowing beverages overlooking the golf course. Priced at Dhs348 with soft beverages, Dhs426 with house and sparkling, Dhs618 with house beverages and French bubbly, and Dhs174 per child with soft drinks. Call 02-6169999.



Text SOPHIE VOELZING | Photographs SUPPLIED



VILLA TOSCANA, THE ST. REGIS ABU DHABI

Celebrating a different aspect of Tuscany on a monthly basis, Villa Toscana will pay homage to a much-loved ingredient this month as it hosts a mozzarella festival. This July, sample some of the best Italian mozzarella with Chef Stefano Viola's special menu – to take you to Italy for a holiday from the north to the south of the peninsula during an interactive evening with the Villa Toscana family. The a la carte menu will be available from July 19 to 28 from 7pm to 11pm. E-mail restaurants.abudhabi@stregis.com, call 02 694 4553 or visit villatoscana-abudhabi.com.



PREGO'S, BEACH ROTANA ABU DHABI

Italian restaurant, Prego's has introduced an all-new menu that revives a selection of popular classics. Guests visiting the restaurant can enjoy a selection of starters such as bruschetta, burrata, vitello tonnato, grilled octopus and more. The menu includes pasta and risotto dishes such as a spaghetti carbonara, fettuccine alla bolognese, seafood or wild mushroom risotto. Specialties of the house consist of fettuccine with lamb ragù, calamari pasta with Canadian lobster and scallops, and ravioli with braised beef. The new menu also features over twelve main courses including the likes of grilled prawns with shell, chili and tomato-bread salad, veal piccata with lemon sauce, sautéed spinach and rosemary potatoes, or a seared ribeye steak with rucola, parmesan and rustic bread and many more. Call +971 (0)2 697 9011 or e-mail fb.beach@rotana.com.



VERSO, GRAND HYATT ABU DHABI HOTEL

Verso, a celebration of authentic Italian cuisine and bistro ambiance has officially opened doors on the Abu Dhabi Corniche. A vibrant, modern space with a large outdoor terrace, the casual Italian trattoria serves dishes from around Italy, including flavours reminiscent of ravioli in Mantova, spaghetti of Sicily, pizza on Napoli and Tuscan pasta fagioli. The seasonal menu will feature locally sourced herbs and authentic ingredients from Italy. Dishes are complimented by an array of creative concoctions and signature beverages. Open daily from 12pm to 11pm. Call +971 (0) 2 510 1205, e-mail verso@hyatt.com or visit verso.ae.



STOCK BURGER CO. ABU DHABI, HOLIDAY INN ABU DHABI

International restaurant and bar Stock Burger Co. has opened its doors at Holiday Inn Abu Dhabi. Serving premium burgers and craft brew, Stock Burger Co. uses 100% grass-fed beef from Springbok Butchery. Choose from options like the 'The Stock Burger', the double-patty 'Boss Burger' or opt to create your own. The menu also features chicken and fish based options as well as two vegetarian patties. All burgers are served on a brioche bun, or naked with an iceberg wrap. There's also other items on the menu like salads, flatbreads, rib-eye steak and prawn skewers. Round off your meal with one of six homemade desserts including brownie sundae or sticky date pudding. Call 800 78 625 or e-mail stock@stockburgerco.ae.

DINE AND WATCH THE WORLD CUP

Restaurants across town are ready to celebrate the 2018 FIFA World Cup in Russia from June 14 to July 15. You'll find some great offers available at these venues.



NEZESAUSI GRILL DUBAI MARINA, ADDRESS DUBAI MARINA

Watch live telecasts of all the FIFA World Cup 2018 games on 24 super-size screens as you savour a menu with football-themed sections, enjoy half-time entertainment and lively tunes on the jukebox. For Dhs99 per person, enjoy two drinks, chicken wings and a special World Cup themed gift. Available from 4pm to 2am daily until July 15, 2018. Call 04-8883444 or email dine@emaar.com.

OPERATION: FALAFEL



Operation: Falafel, the authentic Levant street-food restaurant, celebrates the World Cup with a game to ensure the fans keep winning. Kick off by downloading

and registering on the Operation: Falafel app. Fans can then declare their support for their team and win rewards like complimentary golden crispy Falafels, discount codes and special gifts. Exclusively available during the World Cup, guests can bite into a party size Champions Meals that include 10 Shawerma Pitas and five soft beverages, priced at Dhs175. Visit operationfalafel.com.



ATLANTIS WORLD CUP FAN ZONE, ATLANTIS, THE PALM

There is no need to miss a moment of the match as the free-to-enter Atlantis World Cup Fan Zone is family-friendly, with a specially designated area for 'mini-fans', aged six and above. Fun for supporters of all ages, the tent features a painting station, where patriotic fans can have their country's flag painted onto their face.

A great place to grab a bite to eat during the match or at half-time, the fan zone will offer delicious stadium-style snacks from the countries taking part during each game.

Split into two zones; The Stadium is the main viewing arena for die-hard fans, whereas The Bench offers a more chilled out vibe, featuring a gamer's corner with PlayStations. In addition to providing the best match coverage, the tent is the place to party on all key game dates, with a host of live entertainment acts, activities and merchandise giveaways. Call 04-4262626 or e-mail fanzone@atlantisthepalm.com.



THE SCENE, PIER 7

The Scene is getting ready for the ultimate football season ahead, with the launch of its indoor summer garden, and there's no risk of rain on this pitch. Hop over the hedge to view the games on five huge screens, sit back on the benches and enjoy easy access to the exclusive bar where you can enjoy five bevies for Dhs175 all month and three bar bites for Dhs99. Alongside this football focused area, The Scene launches the exclusive WAGs area for keeping the girls entertained while the boys are distracted with the football. Giving them the option to spend their 90-minutes sipping away on unlimited drinks and savouring two courses for only Dhs149. Call 04-4222328.



FOOTBALL CENTRAL, EMIRATES GOLF CLUB

Embrace the hype of the season head on, and enter the vibrant atmosphere at Football Central; Emirates Golf Club's dedicated FIFA World Cup venue. The purpose built two-story lounge features a giant center screen and 12 extra-large screens alongside a score of fan-favourite snacks and beverages. Snack platters with chicken wings, sliders, potato croquettes, mixed satay and nachos will be on offer along with house grapes, hops and spirits. Football lovers can choose from a number of packages starting at Dhs474 for a snack platter and eight beverage vouchers. Call 04-4179999 or e-mail emiratesdining@dubaigolf.com.



AZURE BEACH, RIXOS PREMIUM

Cool down with four draft beverages and keep your energy up with quesadillas and calamari all for Dhs230 for two people. Guests can also enjoy free shisha refills during the game, which will be shown on two large screens in the lounge area. Call +971 52 777 9472 or e-mail info@azure-beach.com / reservations@azure-beach.com



THE ROOST ROTISSERIE, AL WASL

During the World Cup, The Roost Rotisserie, a homegrown, family-friendly concept will offer a special food package that's ideal for sharing with a group of family and friends at home. Specially designed for large groups, the package includes three slow-roasted chickens, six sides and six in-house crafted sauces – all for Dhs350. Sides include the likes of creamy herb mashed potato, crunchy oregano sea salt fries, wood-fired corn on the cobb and much more. The Roost only uses hormone-free and antibiotic-free ingredients. Call 800-ROOST (76678). Also Available on Deliveroo.



ANDIAMO, GRAND HYATT DUBAI

Watch the World Cup from Andiamo Italian Restaurant and Bar, where the terrace will be transformed into a dedicated fan zone where football fans can get together, enjoy a bite from an extensive football themed menu with dishes including a T-bone steak and burger al Italiana', while washing them down with drinks specials including buy 5 and get 1 free, or buy 14 and get 4 free. Call 04-3172222 or visit dubai.grand.hyatt.com.

WAFI
RESTAURANTS

SEVILLE'S

THE SPANISH TAPAS BAR

A vibrant Spanish restaurant serving an abundant selection of tapas and regional specialty dishes created by Spanish chefs, Aleix Font and Mariano Andres. Enjoy our sizzling summer offers until 31 August.

VOTE FOR US! Nominated for BEST MEDITERRANEAN RESTAURANT, scan the QR code or visit the Good Food website www.bbcgoodfoodme.com/awards



Tried & tasted

Each month, we review one of the city's top tables.



Reviewed by **Sophie Voelzing**
Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.

Where?

CARNIVAL BY TRESIND, BURJ DAMAN, DIFC

Dining experience: Dinner

What's it like?

Season 5 has arrived at Carnival by Tresind and this time both kitchen and restaurant explore culinary delights and influence from Colonial India – not forgetting a side of playful theatrics that the restaurant is so well known for.

The front of house team is dressed in Vasco De Gama-inspired sailor outfits, while tables are lined with imagery from the colonial days, where the British, Portuguese, French and Dutch inhabited India and influenced the creation of Anglo-Indian cuisine, which combines Indian ingredients with European cooking methods.

Especially for the new season, Carnival by Tresind has welcomed a real thela (food cart) from India to an area of the restaurant to create a street food vibe. The cart has been turned into a 'chaat tanga' – a trolley that serves various styles of chaat. You'll find four types on offer: taco padi chaat, nitro bhel puri, pani puri rasgulla and ghugni chaat – all of which are incredibly tasty. It's easy to do (as I learnt), but try not to fill up too much at this station, as so much more food will follow. In the street food corner, there's also a couple of drink stations, where you can sample refreshing, carbonated beverages reminiscent of those served on hot summer days in Kolkata.



What are the food highlights? The culinary adventure continues seated at the table, where 'chicken soup for the soul' is served. This dish of butter chicken consommé with chicken bread goes down a treat, before the next dish of tasty masala fried chicken karkure, which reminds me of a batter-fried Chinese chicken dish.

South Indian ginger prawns follow that boast a thick yet crispy brown sugar caramel coating – it's a rich, incredibly Moorish dish that's kept light by its small serving and a curry leaf crisp.

You really feel the European influence come through with the next dish of double roti dahi kebab, which is plated with walnut, goat's cheese, rocket, olive oil and a beautiful tamarind chutney.

Believe it or not, main courses are up next. Starting with tender, fall-off-the-bone barbecued lamb ribs with crushed baby potatoes, which is served tableside.

Hearty curry dishes follow, including an incredible, French-inspired coq au vin chicken masala, and a perfectly cooked pondicherry fish curry with a slightly spicier kick.

My only regret with this course is that I wish I'd had a little more self-control at the chaat trolley, because the curries were absolutely delicious and I struggled to eat more than a couple of spoonfuls – thankfully, my husband on the other hand had no issues!

To finish, the caramelised apple tart is a must. Served warm with hazelnut barfi filling and topped with ice cream, the tart's crumbly pie crust is buttery and ensures the meal is rounded off perfectly.

How was the service? The team at Carnival by Tresind are attentive and very well versed on the menu. They're always on hand to ensure you understand all components of a dish and that a great time is had by all.

The bottom line: The playful younger sibling of Tresind at Nassima Royal Hotel, Carnival by Tresind boasts all the necessary components for an interactive and entertaining dining experience with flavour-packed food and enjoyable, fun surprises along the way.

Want to go? Priced at Dhs375 for chef's 10-course tasting menu, per person. Call +971 4 4218665 / +971 52 242 4262, e-mail carnival@passionfandb.com or visit carnivalbytresind.com.



EAT IN OR DINE OUT

HOTEL CARTAGENA

From coconut and truffle red snapper ceviche, to fall-off-the-bone Puerto Rican braised short rib, learn how to make recipes from newly opened Hotel Cartagena, located on the 72nd floor of JW Marriott Marquis Dubai at home, or choose to visit the restaurant and experience chef Geunsung Park's (AKA chef Pepe) dishes firsthand.

text SOPHIE VOELZING **recipes** CHEF GEUNSUNG PARK
photography MAKSYM PORIECHKIN

Don't be mistaken by its name, Hotel Cartagena isn't actually a hotel – it's a brand new two-storey restaurant and bar that now occupies the 72nd floor of JW Marriott Marquis Dubai in Business Bay. Offering incredible 360-degree city views overlooking Burj Khalifa, Hotel Cartagena exudes boldness all-round – from its décor and food, to its music and entertainment.

Inside, the exuberant, colourful space is alive with Latin American flair and vibrancy – expect neon lights, abundant faux forestry and strong hues of red, yellow, green and purple. The atmosphere is upbeat and so is the music, particularly when samba dancers and drum players come out to interact with guests – it's a lot of fun.

Described as 'Latin without borders', the menu at Hotel Cartagena is made up of cuisine from places around South America like Puerto Rico, Brazil and Columbia. Headed up by head chef Geunsung Park, AKA 'chef Pepe', previously of Asia de Cuba, the kitchen here knows how to use spice – the food on offer packs some serious flavour.

Highlights on the menu include the braised beef cheek, sofrito and chipotle empanada to start – the tasty, meaty filling married perfectly with the light, doughy casing – but be sure not to fill up too much on these little delights as the red snapper ceviche is equally as good. For mains, the Brazilian picanha steak is a must-try; ours came served medium-rare with punchy chimichurri and black bean sauce. There's also Jamaican jerk spatchcock chicken, which is moist, tender and full of flavour. On the side, don't miss the roasted sweetcorn with queso fresco. To finish, the churros are a must. Served sprinkled in sugar, warm, crispy and slightly doughy on the inside these chunky churros come accompanied by two equally as moorish dipping sauces of chocolate and passionfruit curd – it's safe to say the serving left us satisfied and licking our fingers.

Hotel Cartagena is a great spot to head with a group of friends for a fun evening with great, tasty food. The venue is now also hosting a lively brunch every Friday from 1.30pm to 4.30pm, with food served sharing-style to the table.



Want to dine out? Contact +971 4 560 1799 or visit hotelcartagena.ae for more information.



Crispy sweetcorn chicharone with lime cream dip

240g corn on the cob
80g lime cream (see ingredients below)
20g Manchego cheese, grated
1 fresh lime, cut into wedges
2g smoked paprika
For the lime cream dip
70g sour cream
½ fresh lime zest
10ml fresh lime juice
10g honey
2g salt
4g chives

- 1 First steam the corn with husk and let it cool down.
- 2 Cut the corn so that it's still on the cob (as pictured). You should get 8 pieces.
- 3 Once cut, fry the corn at 180-degree oil until golden brown.
- 4 Season with shaved Manchego cheese, smoked paprika and salt. Keep a little extra of the grated Manchego cheese for sprinkling on top the corn.
- 5 For the lime cream dip, simply mix all ingredients together.
- 6 Serve the corn with side sauce of lime cream and fresh lime wedges.



MENU


SERVES 2

Crispy sweetcorn chicharone

Coconut truffle red snapper ceviche

Puerto Rican braised short rib





Coconut truffle red snapper ceviche

120g red snapper, cubed
2g Bird's eye chili, finely chopped
4g green jalapeno, finely chopped
4g fresh ginger, finely chopped
1 kafir lime leaf, finely chopped
1 mangosteen, peeled and meat separated
15g pithaya, diced
4g red onion, finely chopped
1 fresh lime, juiced
2g perilla leaf, julienne
80ml coconut water
½ tsp black truffle oil
40ml mangosteen juice

- 1 Cut the red snapper meat into cubes.
- 2 Using a pestle and mortar, put chili, ginger and kafir lime and grind.
- 3 Add the coconut water and mangosteen juice into the mortar and mix with pithaya and fresh mangosteen, onion, perilla leaf, snapper.
- 4 Finish off with lime juice, salt and pepper, and a drizzle of truffle oil.

Puerto Rican braised short rib

600g short rib, bone in
1 orange juice, bitter
15g adobo seasoning
3 fresh limes, juiced
480g sofrito (see recipe below)
250g dark hops
500ml chicken stock
8g salt
6g pepper
20g cilantro
6 garlic cloves, peeled and minced

1 Season the beef with adobo seasoning, salt and pepper.
2 Marinate the beef in bitter orange, olive oil, lime juice and garlic.
3 Sear the beef in a heavy pot on high heat. Once seared, add in the sofrito and the remaining marinade ingredients.
4 Bring to a simmer and add in the hops and chicken stock. Allow to simmer for about one hour or until meat is tender.





KAISEKI IN DUBAI

Kohantei at Dubai Opera is the region's first-ever kaiseki restaurant – a concept helmed as Japan's ultimate, must-try culinary experience. Never heard of it? Executive chef Hisao Ueda explains all. **By Sophie Voelzing**



So, what exactly is 'kaiseki'? In simple terms, it's best described as an ultra-seasonal, authentic and traditional Japanese multi-course meal prepared by a chef, with great attention to detail and presentation.

Until recently, this form of high-end Japanese dining was unavailable in Dubai, but with the opening of Kohantei at Dubai Opera we're now able to enjoy the immersive experience firsthand without hopping on a flight to Japan.

Speaking to Kohantei's executive chef Hisao Ueda, a Japanese native born in Hokkaido with more than 15 years of kaiseki experience, we learn more about the sought-after dining experience...

Tell us about the Kaiseki dining experience. What is it exactly?

Kaiseki is a traditional multi-course Japanese meal featuring elaborate preparation and exquisite presentation. It is often considered an art form and analogous to Western haute cuisine.

Does the menu ever change at Kohantei, to reflect seasonality?

Yes, as Kaiseki dining experience is not

only enjoying a meal but also experiencing the season. Japanese cuisine is always reflected through seasonal ingredients. At Kohantei we have frequent deliveries from Japan inclusive of seasonal product to ensure that our customers have an authentic experience.

The wagyu beef is a true highlight at Kohantei. Tell us about the varieties on offer and what makes it so special...

As we are one of the only restaurants in the UAE that serves several types of Japanese wagyu, our guests can enjoy five different breeds of Japanese wagyu. It is presented on one plate 'side by side' style to showcase the difference of each wagyu grade. I use traditional Japanese cooking techniques and methods to serve wagyu dishes the traditional Japanese way.

What other type of ingredients can diners expect to enjoy at Kohantei?

We also serve premium seafood along with wagyu. Our seafood comes from fish markets in Japan, Tsukiji and



Fukuoka. We serve as sushi and sashimi to enjoy the freshness of the catch. We have a bi-weekly shipment from Japan. We do not have fixed fish list as what we serve depends on the market availability and the seasons.

A fish we sometimes use that guests may never have heard of is 'Isaki'- striped pigfish!



In your opinion, what is the most interesting dish on the menu?

'Two different breeds of wagyu steak served side by side' is our hero dish. Each of the wagyu has a story behind it and it's enjoyable for the customer and for us to demonstrate the difference. All of our kaiseki menus feature wagyu.

Tell us more about the 'no shoes' policy at the restaurant. Where does this tradition stem from?

The origin of this tradition dates back even before the BC10-3 in Yayoi period. Even to this day, all houses in Japan require you to remove shoes as you enter. Many house-designed restaurants also have shoe-off policy and it is a common style, especially with traditional cuisine restaurants in Japan.

Is Kohantei a child-friendly restaurant, or better for adults only?

We have child policy that we don't accommodate to below 12 years old because the kaiseki dining experience could be inadvisable for children under 12 years of age. We do however accommodate children on the weekends when the private dining room, suitable for families, is available.

What is the difference between kaiseki and omakase?

Traditionally Kaiseki dishes are always served by course and prepared with seasonal ingredients.

Omakase is 'today's chef special'. It could be only one dish, sharing style or course style – the chef is free to prepare his special of the day without any

traditional rule. Normally the dish is from the menu and guests do not share any request for the dish except dietary requirement – it's 100% up to the chef and his creativity.

For our readers who are new to dining with chopsticks, what advice can you offer to help them out?

Eating with chopsticks is our culture, so we are happy to teach how to use them as a part of our dining experience if someone wishes to do so. We offer 'easy-chopsticks' for beginners and if not, we also have a knife and fork.

For those looking to dine at Kohantei, what menu option would you recommend the most?

The 'Tsubaki course' is most popular in Kohantei. This includes the highest grade of Japanese wagyu beef and fresh sashimi imported from Japan. Also, wagyu sushi is served at the end of the course. Or if you are big fan of Japanese beef, then the 'Matsuri course' is recommended. This is an eight-course Kaiseki menu, using wagyu for all dishes from start to finish.

DINING AT KOHANTEI



Here's what we thought....

For a truly unique dining experience, head to Kohantei, where you'll find something totally different from anything else in Dubai. Tucked away below Dubai Opera, Kohantei is set up like an authentic Japanese house. Inside, you'll find only 28 seats across eight tables – some of which are set in the most adorable small private dining rooms.

There's a 'no shoe' policy, so expect to lose your footwear at the door, where you'll simultaneously find yourself immediately transported to a scene in Japan – it's an all-round fully immersive experience. The entire team at Kohantei is from Japan, which really adds to the authenticity of the place.

Seated at our sunken table, the waitress arrives sliding across the tatami mat flooring on her knees before greeting us, hands pressed together, saying "irasshaimase" (welcome in Japanese).



At Kohantei, there's the option of five kaiseki menus, each of which have a varied amount of courses and use of different ingredients, or you can choose from the a la carte menu.

Our eight-course 'Tsubaki' menu, began with an appetizer of otoro steak (fatty tuna) with teriyaki sauce, served with white asparagus and diced bamboo shoots. Next, a soup of lightly battered, crispy prawn tempura in a hot dashi broth, before the sashimi course featuring bonito and tuna. Courses like this are ever-changing at Kohantei depending on the availability and seasonality of fish imported from Japan.

Kohantei is known especially for its exclusive Japanese wagyu selection, with chef Hisao taking the trip to Japan to hand-select the farms and cattle

Kohantei sources from. Our beef course places two types side by side, being A5 grade Japanese and 9+ Australian wagyu. Can you tell the difference? Yes. Although they are both great, I'd recommend starting with the Australian cut, as once you try the Japanese it's hard to go back. The marbling of the Japanese offers such a buttery flavour and texture, it really melts-in-the-mouth.

A wagyu croquette dish comes next, which is hearty, filling and delicious. It's quite a heavy dish, so the sweet vegetable sauce and fresh grated radish that it

comes served with is much appreciated. Nigiri sushi follows, which again, varies dependent on what's available at the time. To finish, fresh and seasonal Japanese fruit offers a refreshing and light touch.

Kaiseki dining is an experience that requires time – the attention to detail is second to none, so make sure you're not in a hurry if you decide to give it a go. Not only is this a truly wonderful culinary experience that pays such respect to high-quality ingredients, it's also as much a cultural one.

For more information or to make a reservation, call +971 4 243 4951, e-mail reservations@kohantei.ae or visit kohantei.ae.



#BRUNCH068

BRUNCH 068

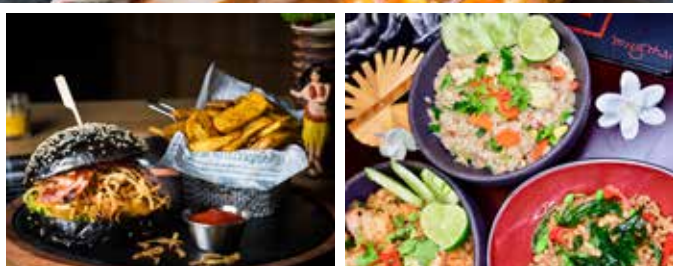
WITH A LICENSE TO GRILL

When the world is not enough, unleash your inner Bond and experience the high life at the brunch. With a license to grill, this exciting brunch will satisfy even the most discerning palate. Live another day while sipping on signature beverages and taking in Dubai's daring views from the world's tallest 5-star hotel.

Every Friday from 1pm to 4pm, starting from AED 495 'For Your Eyes Only'

9 NEW DINING EXPERIENCES TO TRY

Endless culinary possibilities catering to all tastes and budgets await at the world's tallest five-star hotel, JW Marriott Marquis Dubai



PRIME68 STEAKHOUSE

✦ **Dry aged beef night on Mondays**

Every Monday, enjoy 1kg of Australian Grass Fed Tomahawk served with 2 sides for AED 850 for 2 people, including a bottle of house red or white. The second bottle comes with a 50% discount.

✦ **068 Brunch at Prime68**

When the world is not enough, unleash your inner Bond and experience the high life at the 068 brunch. With a license to grill, this brunch will satisfy even the most discerning palate. Live another day while sipping on signature beverages and taking in Dubai's daring views from the world's tallest full-service hotel. Taking place every Friday from 1pm – 4pm, starting from AED 495 per person, including house beverages.

TONG THAI, THAI CUISINE

✦ **Thai Journey Experience**

Take your taste buds on a culinary journey through Thailand with a 5-course experience set menu, tailored for two including a signature cocktail each. Priced at AED 590 per couple, this offer is available daily from 6pm until 11pm (except Wednesdays).

IZAKAYA, JAPANESE CUISINE

✦ **Sushi and Bubbly Tuesdays**

Every Tuesday, enjoy an evening of unlimited sushi and free-flowing beverages available from a special menu. Alternatively, sip on premium Belaire Rare bubbly paired with unlimited sushi. Available on Tuesdays from 6pm until midnight, priced at AED 175 per person including unlimited sushi, and AED 298 per person including unlimited sushi and 2 hours of free-flowing Belaire Rare bubbly.

LA FARINE CAFÉ & BAKERY

✦ **Afternoon Tea**

Discover why Afternoon Tea is a lot more than just tea at La Farine, where the Tea Sommelier will introduce you to Tchaba, the outlet's signature tea brand, and take you through a journey unlike any other; a sequence of warm bienvenues, mouthwatering treats and smile-worthy moments. Available daily from 3pm to 6pm at AED 250 per couple.

✦ **Bastille Day – July 14, 2018**

Come and celebrate the French National day in style. On July 14 La Farine will offer special food and beverage packages served the authentic French way. Taking place from 12pm to midnight, priced at AED 250 per couple.

BRIDGEWATER TAVERN, EDGY SPORTS BAR

✦ **Watch the World Cup**

A big game deserves an even bigger stage. Head down to Bridgewater Tavern and join the football fever with a great atmosphere and delicious food. Never miss a match with LIVE broadcasts on large TV screens, spread across two areas, ranging from private seating to a special fan zone. Enjoy the game with kick-off specials, bucket deals and daily Happy Hour. Within Bridgewater Tavern, enjoy a non-smoking area at Café Artois. Age policy: 21 years and above.

POSITANO, ITALIAN CUISINE

✦ **Festa Italiana, Sunday evening brunch**

Sample an extravaganza of coastal Italian specialties at Positano's Sunday evening brunch. Overflowing with antipasti, handmade pasta cooked à la minute and a dessert room filled to the brim with all Italian classics such as panna cotta, gelato, cassata and other delicious sweet bites, the brunch takes place every Sunday from 6pm till midnight. Packages available include AED 180 with soft drinks, AED 295 with house beverages, AED 365 including Prosecco and Aperol cocktails. Children below 10 years enjoy complimentary dining during Sunday brunch.

GARDEN, PERUVIAN CUISINE

✦ **Flavours of Peru**

The Flavours of Peru 7-course set-menu is set to please every foodie's taste buds on Sunday evenings. Guests will be able to sample the restaurant's must-try items at an affordable price of AED 160 per person (food only). Don't miss the opportunity to try the best of Peru in Garden's lively and unique setting, every Sunday from 7pm to midnight.

**JW MARRIOTT
MARQUIS
DUBAI**



Tel: +971 4 414 3000



jwmarriottmarquisdubailife.com/dining

four terrific

Hummus toppers

READY IN
30



Make a meal for two using shop-bought hummus with tasty toppings – all you need is pitta bread for scooping

recipes SOPHIE GODWIN photographs EMMA BOYNS

Spiced cauliflower

SERVES 2 PREP 5 mins COOK 25 mins EASY V

Heat oven to 220C/200C fan/gas 7. Cut $\frac{1}{2}$ **small cauliflower** into florets, saving the leaves. Tip the florets into a bowl and toss with **1 tsp ground turmeric**, **2 tsp cumin seeds**, **2 tbsp olive oil** and a generous pinch of salt and pepper. Tip the cauliflower onto a baking tray, cook for 20 mins, then add the cauliflower leaves, give everything a good mix and cook for a further 5 mins. Spread a **200g tub plain hummus** onto a plate. Top with the roasted cauliflower and **1 tbsp Bombay mix**.

GOOD TO KNOW vegan • folate • fibre • vit c • iron • 1 of 5-a-day

PER SERVING 525 kcs • fat 42g • saturates 2g • carbs 19g • sugars 5g • fibre 9g • protein 13g • salt 1.2g

Chorizo & red pepper

SERVES 2 PREP 5 mins COOK 5 mins EASY V

Peel and slice **100g cooking chorizo** and chop **2 roasted red peppers** from a jar. In a dry frying pan, toast **1 tbsp flaked almonds**, then tip into a bowl. Heat $\frac{1}{2}$ **tbsp olive oil** in the same pan, add the chorizo and a **pinch smoked paprika**. Fry until the chorizo has released its oil, then stir in the peppers, **1 clove crushed garlic** and a **splash of sherry vinegar**. Cook for a min, then take off the heat. Spread a **200g tub plain hummus** onto a plate. Tip the chorizo mix on top, then sprinkle over the almonds and some **parsley**.

GOOD TO KNOW fibre • 1 of 5-a-day

PER SERVING 585 kcs • fat 48g • saturates 7g • carbs 14g • sugars 3g • fibre 6g • protein 21g • salt 3.8g





Pistachio lamb meatballs

SERVES 2 **PREP** 5 mins **COOK** 10 mins **EASY**

Put **250g lamb mince**, $\frac{1}{2}$ **small bunch mint**, and **30g pistachios** in a food processor. Roughly pulse to combine, then season generously with salt, pepper and the zest of **1 lemon**. Shape into eight meatballs. Heat **1 tbsp oil** in a large frying pan. Fry the meatballs for 8-10 mins, turning so that they become evenly browned. Spread a **200g tub plain hummus** onto a plate. Top with the meatballs, a **few mint leaves**, **30g crumbled feta**, some **chopped pistachios** and a squeeze of lemon juice.

GOOD TO KNOW folate • fibre • iron • gluten free

PER SERVING 740 kcals • fat 59g • saturates 11g • carbs 13g • sugars 2g • fibre 7g • protein 36g • salt 1.6g

Pickled red onion & pomegranate seeds

SERVES 2 **PREP** 20 mins **COOK** 2 mins **EASY** **V**

Put $\frac{1}{2}$ **thinly sliced small red onion** and **6 quartered radishes** in a bowl with **1½ tbsp red wine vinegar**, a good pinch of salt and **1 tsp sugar**. Stir, then leave to quickly pickle for 15 mins. Meanwhile, toast **2 tbsp pumpkin seeds** in a dry frying pan until starting to pop. Spread a **200g tub plain hummus** onto a plate. Pile on the red onions and radishes, **2 tbsp pomegranate seeds**, pumpkin seeds and a **sprinkling of sumac**. Spoon over a little of the vinegar.

GOOD TO KNOW vegan • folate • fibre

PER SERVING 444 kcals • fat 34g • saturates 1g • carbs 19g • sugars 7g • fibre 8g • protein 12g • salt 1.5g



easiest-ever midweek meals

READY IN
30

Our midweek meals for two are full of healthy goodness and ready in half an hour or less – enjoy!

recipes ELENA SILCOCK *photographs* STUART OVENDEN

Summer meatballs & spaghetti

SERVES 2 **PREP** 10 mins **COOK** 20 mins **EASY**

2 tbsp olive oil
1 onion, finely chopped
2 garlic cloves, crushed
1 tsp fennel seeds
250g beef mince
large handful parsley,
leaves chopped, stalks
finely chopped

1 large courgette, peeled
into ribbons all around
the edge, centre grated
or finely chopped
200g spaghetti
½ lemon, zested
and juiced
grated parmesan,
to serve

1 Heat ½ tbsp of the olive oil in a large frying pan over a medium heat. Add the onion and soften for 5 mins, then add the garlic and fennel and cook for 2 mins longer. Tip into a bowl. Add the beef mince, parsley stalks and grated courgette to the bowl, season well, mix, and shape into 10 meatballs. Heat the remaining oil in the frying pan, add the meatballs and fry for 5-8 mins, turning occasionally, until golden brown and cooked through. Set the pan aside.

2 Bring a pan of salted water to the boil and cook the spaghetti for 1 min less than pack instructions. Using tongs, transfer the pasta to the pan of meatballs, sloshing in some of the cooking water as you go. Add the courgette ribbons to the pan and put it back over the heat. Toss the pasta and meatballs with the courgette ribbons in the pan with a ladleful of pasta water and add the lemon juice. Season well, tip into bowls and scatter over the chopped parsley leaves, lemon zest and a generous grating of parmesan.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING 726 kcal • fat 25g •
saturates 6g • carbs 82g • sugars 8g •
fibre 7g • protein 39g • salt 0.2g

Serve up a lighter
favourite



**A green salad
packed
with protein**

Steak & aubergine salad

SERVES 2 **PREP** 10 mins **COOK** 15 mins **EASY**

1 aubergine, halved lengthways, cut into thin slices	For the dressing
2 tbsp flour	1 green chilli, halved and chopped
3½ tbsp olive oil	½ lemon, juiced
1 sirloin steak	½ small pack coriander, plus extra leaves to serve
100g lamb's lettuce	½ small pack mint, plus extra leaves to serve
50g feta, cut into cubes	

1 Dust the aubergine slices in the flour, mixed with some seasoning. Heat 2 tbsp of the olive oil in a large frying pan until shimmering. Add the aubergine to the pan and fry for

a few mins on each side until collapsing and soft, then set aside. Turn up the heat, season the steak, then add to the pan, fry for 2 mins on each side for rare (longer if you want it medium). Set aside to rest for 5 mins, then slice.

2 Blitz the remaining olive oil in a blender or small food processor with the rest of the dressing ingredients and a splash of water. When ready to serve, mix half the dressing with the lamb's lettuce, then tip onto a plate. Top with the crispy aubergine and steak, crumble over the feta, then drizzle over the remaining dressing. Scatter over the remaining herbs and serve.

GOOD TO KNOW fibre • 2 of 5-a-day

PER SERVING 455 kcs • fat 30g • saturates 9g • carbs 20g • sugars 4g • fibre 6g • protein 23g • salt 0.7g

Tomato soup with cheese & Marmite toast

How to combine that epic combination of tomato soup and a cheese toastie.

SERVES 2 **PREP** 10 mins **COOK** 15 mins
EASY V

For the soup

1 tbsp olive oil
1 medium onion, roughly chopped
1 tsp dried oregano
1 garlic clove, chopped
1 small bunch basil, leaves picked
400g can plum tomatoes

For the toast

2 slices of crusty bread, toasted
2 tsp Marmite
50g parmesan or vegetarian alternative, grated

1 Heat the oil in a saucepan over a medium heat, add the onion with a big pinch of salt and cook until softened, around 5 mins. Add the oregano, garlic and basil and cook for 1 min longer, then tip in the plum tomatoes. Fill the can halfway up with water and add to the pan. Leave to simmer for 10 mins, then blitz with a hand blender. Season.

2 Meanwhile, heat the grill to high.

Spread the toast with Marmite, then top with grated parmesan, put onto a baking sheet and grill for 3-5 mins until golden. Spoon the soup into two bowls and top with the slices of cheesy Marmite toast. Grind over some black pepper to serve.

GOOD TO KNOW calcium • folate • 2 of 5-a-day
PER SERVING 388 kcals • fat 14g • saturates 6g • carbs 41g • sugars 13g • fibre 5g • protein 21g • salt 1.9g



Mexican salmon salad

SERVES 2 **PREP** 10 mins **COOK** 20 mins
EASY

2 tortillas
2 tbsp olive oil
½ tsp ground coriander
3 tbsp Greek yogurt
1 tsp smoked paprika
2 salmon fillets
1 lime, zested and juiced
2 Little Gem lettuces, separated into leaves
198g can sweetcorn, drained
½ small pack coriander, roughly chopped
300g pack cherry tomatoes, halved

1 Heat oven to 200C/180C fan/gas 6. Cut the tortillas into triangles using scissors, then toss in 1 tbsp of the oil and the ground coriander, season, then tip onto a lined baking sheet and bake for 8-10 mins,

**veggie
comfort food**

Potato skin tacos

SERVES 2 **PREP** 15 mins **COOK** 15 mins **EASY** **V**

2 baking potatoes	2 tsp fajita spice mix
1 avocado, halved and sliced	2 spring onions, finely sliced
1/2 red onion, halved and finely sliced	1/2 small pack coriander, leaves picked and stalks finely chopped
1 lime, juiced	soured cream, to serve
1 tbsp olive oil	
75g cheddar, grated	

1 Heat grill to high. Prick the potatoes with a fork and microwave on high for 5-10 mins until soft. Meanwhile, toss the avocado and red onion with the lime juice and half the oil. Once the potatoes have cooked, slice in half and scoop out the flesh into a bowl. Drizzle the skins with the remaining olive oil and grill for 5-10 mins to crisp up.

2 Mash the potato with the cheese, fajita spice mix, most of the spring onions and coriander stalks. Once the potato skins have crisped up, remove from the grill and spoon the filling into them. Top with the coriander leaves, remaining spring onions and the soured cream, and serve with the avocado and onion salad.

GOOD TO KNOW calcium • fibre • 2 of 5-a-day

PER SERVING 478 kcals • fat 33g • saturates 12g • carbs 27g •
sugars 4g • fibre 7g • protein 14g • salt 1.3g

**Load up hot
potato skins
with cheese
& onions**

turning halfway, until crisp. Set aside to cool. Heat the grill to high.

2 Mix the yogurt with the smoked paprika and some seasoning, then spoon the yogurt mixture over the salmon. Place fillets on the same baking sheet lined with parchment and put under the grill for 8-10 mins until it's blackening in places, and flakes into big chunks.

3 While the salmon is cooking, whisk the remaining olive oil with the lime zest and juice to make a dressing, season, then toss the remaining salad ingredients in the dressing. Tip onto a plate and top with the salmon chunks and tortilla chips and serve.

GOOD TO KNOW calcium • folate • fibre • vit c •

omega 3 • 3 of 5-a-day

PER SERVING 739 kcals • fat 39g • saturates 11g •
carbs 55g • sugars 18g • fibre 11g • protein 36g • salt 1.2g

**New idea
for salad**



**Low cal and
2 of your
5-a-day**

Sea bass & artichoke salad

SERVES 2 PREP 5 mins COOK 15 mins EASY

100g couscous
175g pack chargrilled artichokes,
roughly chopped
½ tsp Dijon mustard
1½ tbsp olive oil
½ small pack dill, leaves finely
chopped

½ small pack parsley, leaves
finely chopped
1 lemon, zested and juiced
2 large handfuls watercress
2 sea bass fillets

1 Cook the couscous following pack instructions, then mix with the artichokes. Whisk the mustard with the oil from the artichoke pack, along with ½ tbsp olive oil. Then add it to the couscous. Toss the herbs into the salad, along with the lemon zest and juice, some seasoning and the watercress.

2 Heat the remaining oil in a large, non-stick frying pan over a medium-high heat. Season the sea bass skin, then place it, skin-side down, in the oil. Use the back of a fish slice to hold the fish down as it will start to curl up a bit. Once the flesh is nearly all opaque, around 3 mins, flip over and cook for 1 min more. Divide the salad between two plates and place the fish on top.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day

PER SERVING 659 kcal • fat 35g • saturates 6g • carbs 42g • sugars 2g • fibre 6g • protein 40g • salt 2.1g

Coronation chicken pilaf

SERVES 2 PREP 5 mins COOK 20 mins EASY

1 tbsp vegetable oil
or ghee
1 onions, finely sliced
4 skinless and boneless
chicken thighs,
cut into quarters
2 tbsp korma paste
250g pouch
basmati rice
50g Greek yogurt
½ small pack mint,
leaves finely chopped,
plus extra to serve
½ tbsp mango chutney
pomegranate seeds
and toasted flaked
almonds, to serve

1 Heat the oil or ghee in a frying pan over a medium heat, add the onions and cook until starting to soften, around 5 mins. Add the chicken thighs and fry until golden and nearly cooked through, around 8-10 mins.

2 Tip in the korma paste and stir to coat, then tip in the rice pouch, along with a splash of water, stir again to coat everything in korma paste. Turn up the heat and add the yogurt, mint, mango chutney and some seasoning, then allow to sit for 2-3 mins – you want the base to catch a bit so it gets crispy. Take off the heat and top with pomegranate seeds, flaked almonds and a few mint leaves to serve.

GOOD TO KNOW iron • 1 of 5-a-day

PER SERVING 538 kcal • fat 23g • saturates 5g • carbs 49g • sugars 9g • fibre 3g • protein 32g • salt 1.3g



**New twist
on chicken
curry**

#ashasgoingplaces

Discover our adventure and Dubai's most
unique flavors this summer!



THREE INDIANS & AN ENGLISHMAN

1 July – 30 September



Asha's



Asha's - Wafi • 04 3244100 | www.ashasrestaurants.com

DUBAI • ABU DHABI • BAHRAIN • BIRMINGHAM • DOHA • KUWAIT • MANCHESTER • SAUDI ARABIA

TOM KERRIDGE

QUICK AND EASY SUMMER MENU

BBC chef **Tom Kerridge** shares a three-course summer menu that can be on the table in less than an hour *photographs* MAJA SMEND



Charred asparagus,
smoked salmon, shrimp
& rye crumb, p78



Good Food contributing editor Tom Kerridge is a BBC presenter and chef-owner of The Hand & Flowers, The Coach and The Butcher's Tap – all in Marlow, Buckinghamshire. His latest book, *Lose Weight for Good* (Dhs110, Absolute Press), is out now. [Twitter](#) [Instagram](#) @ChefTomKerridge

MENU

Charred asparagus, smoked salmon,
shrimp & rye crumb

Cumin-crusted lamb,
with shallots & crushed new potatoes

Salted tomato salad

Sugar-cured strawberries & white
chocolate crumble



Cumin-crusted lamb,
with shallots & crushed
new potatoes, p36



Salted tomato
salad, p36



Running a restaurant and pubs involves long hours and a lot of hard work. When I get a rare weekend off, I still like to cook – I'm a chef, I'm happiest in the kitchen – but what I cook, especially this time of year, is quick and simple. I let the ingredients speak for themselves.

This doesn't mean there isn't anything to show off. I just know what tweaks to make, tricks to add and ready-cooked ingredients to use to turn something quick and effortless into something impressive.

Charred asparagus, smoked salmon, shrimp & rye crumb

This starter is quick and full of lovely flavours. You can griddle sprue asparagus (the thin first pickings) from raw, but if the spears you buy are thicker, boil them first for a minute, then refresh in cold water before griddling.

SERVES 4 PREP 10 mins COOK 10 mins EASY

16 thin asparagus spears
150g fillet hot-smoked salmon, peeled and flaked
1 Granny Smith apple, cut into fine matchsticks
½ pack watercress, picked
2 rye crackers, lightly crushed
70g brown shrimp
For the dressing
75ml extra virgin rapeseed oil (smoked if you have it)
25ml red wine vinegar

- 1 Heat a griddle pan. Char the asparagus for 10 mins, turning occasionally, until lightly burnt and tender. Combine the oil and vinegar to make the dressing.
- 2 Divide the asparagus between four plates. Scatter over the salmon flakes, apple matchsticks, watercress shoots and crumbled rye crackers, then finish with the shrimp. Drizzle over the dressing just before serving.

GOOD TO KNOW 1 of 5-a-day

PER SERVING 288 kcals • fat 22g • saturates 2g • carbs 5g • sugars 4g • fibre 2g • protein 15g • salt 1.1g

Cumin-crusted lamb with shallots & crushed new potatoes

The potatoes and lamb are key to getting this recipe done quickly – get them cooking, then do the rest of the chopping. What I call a rump of lamb may be called a chump of lamb by your butcher, but they're the same thing.

SERVES 4 PREP 10 mins COOK 15 mins EASY

1 tbsp ground cumin
1 tbsp ground coriander
4 trimmed lamb rumps, about 200g each
2 banana shallots, halved lengthways
450g new potatoes
2 spring onions, chopped
1 lemon, zested and juiced
1 tbsp capers
small handful mint leaves, chopped
splash of olive oil (optional)

- 1 Heat oven to 220C/200C fan/gas 7. Mix the spices with a generous pinch of salt, then coat the lamb in the mix. Heat a large ovenproof frying pan. Sizzle the lamb, fat-side down, for 5 mins. Flip the lamb, then put the shallots, cut-side down, in the pan. Transfer the pan to the oven and roast for 10 mins for pink lamb, or 15 mins for medium. Remove the pan from the oven, then leave to stand for 5 mins.
- 2 Meanwhile, put the potatoes on to boil and simmer until just cooked. Drain, then gently crush with a potato masher. Add the spring onions and lemon zest, season, then keep warm until ready to serve.
- 3 Remove the lamb and shallots from the pan. Stir the capers, mint, lemon juice and a splash of olive oil (if needed) into the lamb juices to make a dressing. Slice the lamb and separate the shallots into layers. Spoon the potatoes onto warm plates, add slices of lamb and some shallots, then spoon over the dressing.

GOOD TO KNOW iron • gluten free

PER SERVING 470 kcals • fat 28g • saturates 12g • carbs 17g • sugars 2g • fibre 4g • protein 35g • salt 0.4g

Salted tomato salad

Seasoning tomatoes up to half an hour before serving amplifies their flavour.

SERVES 4 PREP 10 mins plus infusing NO COOK EASY V

300g heritage tomatoes, various shapes and sizes
1 red onion
1 garlic clove
8 small basil leaves
1 tbsp olive oil
1 tbsp nigella seeds

- 1 Chop the tomatoes into equal-sized chunks and slice the onion, then transfer them to a bowl. Grate the garlic, then add to the tomatoes, along with the basil leaves.
- 2 Sprinkle with ½ tsp salt, pour over the oil and toss together. Leave to infuse for up to 30 mins, then serve sprinkled with nigella seeds.

GOOD TO KNOW vegan • low fat • 1 of 5-a-day • gluten free

PER SERVING 58 kcals • fat 3g • saturates none • carbs 5g • sugars 4g • fibre 2g • protein 1g • salt 0.6g

Sugar-cured strawberries & white chocolate crumble

This crumble topping is addictive and is my go-to way of turning a simple bowl of berries into a Michelin-worthy dessert. It will make a bit more than you need, but leftovers will keep in a jar or airtight container for weeks. Curing the berries lightly softens the fruit and also gives you the most amazing sweet strawberry stock in the bottom of the bowl.

SERVES 4 **PREP** 5 mins **COOK** 15 mins **EASY** **V**

60g milk powder	400g strawberries
50g cornflour	4 tbsp crème fraîche
20g light brown soft sugar	20g pistachios, chopped
50g butter, melted	mint leaves (optional),
100g white chocolate, melted	to serve

1 Heat oven to 160C/140C fan/gas 3. Mix the milk powder, cornflour and half the sugar together, then pour over the melted butter and white chocolate. Mix with a spoon until it forms a crumb, then scatter over a baking sheet and bake for 10 mins until golden. Remove from the oven and leave to cool.

2 Remove the tops of the strawberries, then cut into quarters. Toss the strawberries in the rest of the sugar, then divide evenly between four bowls and leave to cure for 30 mins.

3 Add a large spoonful of crème fraîche to the strawberries and scatter over the crumble and pistachios. Scatter over a few small mint leaves, if you like, to lift the flavour and colour of the dessert.

GOOD TO KNOW healthy • folate • vit c • 1 of 5-a-day • gluten free

PER SERVING 356 kcal • fat 24g • saturates 14g • carbs 27g • sugars 21g • fibre 4g • protein 6g • salt 0.2g





www.fruit-life.eu



Make your
life tasty
with fresh
fruits!



CAMPAIGN FINANCED WITH AID FROM THE
EUROPEAN UNION AND GREECE



EASY summer lunches

Whether you're eating lunch at home or packing it up for a picnic, these recipes will please everyone

recipes LULU GRIMES *photographs* WILL HEAP





Roast tomato soup with pasta

SERVES 2-3 **PREP** 10 mins **COOK** 30 mins **EASY** ✳

2 tbsp olive oil
 ½ onion, finely chopped
 1 small carrot, finely chopped
 1 celery stick, finely chopped
 100ml passata
 400g can peeled tomatoes or 4 large ripe tomatoes

½ vegetable or chicken stock melt or cube
 2 tbsp cream (optional)
 100g orzo or soup pasta, cooked until al dente
 shaved parmesan, chopped basil or pesto, and breadsticks, to serve

1 Heat the oil in a saucepan over a low heat. Add the onion, carrot and celery and fry for 8-10 mins until tender, but don't let them brown too much. Add the passata and tomatoes and bring to the boil. Add the stock, 200ml water and a pinch of sugar, then season and simmer for 20 mins. Taste the soup and adjust the seasoning – add more water if you need too. *Can be frozen at this point.*

2 Stir in the cream (if using) and the cooked pasta. Spoon into two or three bowls and top with cheese, basil or pesto – or all three.

GOOD TO KNOW healthy • low fat • low cal • 2 of 5-a-day

PER SERVING (3) 187 kcals • fat 8g • saturates 1g • carbs 19g • sugars 10g • fibre 4g • protein 7g • salt 0.5g

pack it up

To make a packed lunch, pour the soup into a flask, and drop the toppings on top. Serve with breadsticks on the side.



Sticky pork lettuce wraps

SERVES 4 **PREP** 20 mins plus marinating
COOK 10 mins **EASY** ✳

2 tbsp soy sauce
 2 tbsp honey
 2 tbsp brown sugar
 pinch cinnamon
 pinch five-spice powder
 4 thin-cut pork loin steaks
 1 carrot, sliced into matchsticks
 1 lime, juiced
 pinch golden caster sugar
 1 tbsp rapeseed oil
 ½ cucumber, cut into matchsticks
 16 soft lettuce leaves (we used Butterhead lettuce)
 sweet chilli sauce, to serve

1 Make the marinade by mixing the soy with the honey, brown sugar, spices and 1 tbsp water. Put the pork in a shallow bowl, pour the marinade over, turning to make sure the steaks are well coated, then leave to marinate for at least 30 mins.

2 Mix the carrot with the lime juice and caster sugar. Brush a piece of foil with oil and line the grill pan. Grill the pork steaks (or griddle if you prefer) for 4 mins each side. Keep an eye on them in case the sugar in the marinade starts to blacken. When cooked, cut the pork into strips.

3 Put the lettuce leaves out on a board and divide the pork between them. Add some carrot and cucumber, then fold in both ends of the lettuce leaf and roll up from one side to contain the filling. Serve with sweet chilli sauce, if you like.

GOOD TO KNOW 1 of 5-a-day

PER SERVING 346 kcals • fat 19g • saturates 6g • carbs 21g • sugars 21g • fibre 2g • protein 21g • salt 1.2g

pack it up

Pack join-side down so they don't open up.



Rice & quinoa prawn sushi bowl

SERVES 2 **PREP** 10 mins **COOK** 20 mins **EASY**

100g white or brown sushi rice
20g mixed coloured quinoa
1½ tbsp rice wine vinegar
½ tbsp golden caster sugar
For the toppings
1 tsp oil
½ sweet potato, thinly sliced
8 large peeled prawns, cooked

¼ cucumber, halved and very finely sliced
½ avocado, thinly sliced
1 roasted nori sheet, snipped into lengths
sriracha mayonnaise and sesame seeds, to serve (optional)

1 Put the rice and quinoa in a pan. Add 320ml water, bring to the boil, cover with a lid and turn the heat down as low as it will go. Cook for 12-15 mins, or following pack instructions (brown sushi rice will need longer), by which time all the water should have been absorbed.

2 Meanwhile, heat the vinegar, sugar and a pinch of salt until the sugar has dissolved. Stir the vinegar mixture into the cooked rice, then gently move the rice around to let out some steam. The rice should be sticky rather than wet when cooled.

3 Heat the oil in a non-stick pan. Fry the sweet potato for 2-3 mins each side until just cooked, then season and set aside to cool. When the rice is cool, divide between two small bowls (or lunch boxes) and level the surface. Halve the prawns lengthways, then arrange on top of the rice along with the rest of the toppings. To serve, squeeze over some spicy mayo in a zigzag and sprinkle over some sesame seeds, if you like.

GOOD TO KNOW low cal • low fat • fibre • 2 of 5-a-day • gluten free

PER SERVING 439 kcal • fat 10g • saturates 2g • carbs 61g • sugars 13g • fibre 6g • protein 22g • salt 1.8g

pack it up

Make these straight into boxes, or into bowls with lids.

Cod & pea fritters

SERVES 4 **PREP** 20 mins plus
chilling **COOK** 15 mins **EASY**

380g cod fillet
1 tsp butter
500g leftover mashed potato (you can use ready-made, but make sure it's a firm variety)
140g peas, defrosted
handful mint leaves, finely chopped
1 tbsp mayonnaise or Greek yogurt
3 tbsp plain flour
3 tbsp rapeseed oil
cherry tomatoes and rocket, to serve

1 Cut the cod into chunks. Melt the butter in a non-stick pan and gently cook the cod until it starts to flake, about 5 mins. Flake the flesh into a bowl when it's cool enough, then season. If the potato is cold, mash it well before adding to the fish, along with the peas, mint and mayo or yogurt. Carefully mix everything together. Flour your hands, then shape the mixture into eight patties. Dust both sides in flour, then chill for at least 30 mins.

2 Heat the oil in a large frying pan over a medium heat. Fry the fishcakes in two batches for 3-4 mins each side, turning carefully with a fish slice, until golden and crisp. Serve warm with cherry tomatoes and rocket. Cool and pack into a lunch box.

PER SERVING 427 kcal • fat 21g • saturates 5g •
carbs 34g • sugars 3g • fibre 4g • protein 22g • salt 0.4g

pack it up

Cool and pack into a lunchbox.



Chicken & sweetcorn ramen

SERVES 2 **PREP 5 mins**

COOK 10 mins **EASY**

This noodle soup will feed two young children. If your kids are older, use a pack of noodles per child, extra stock and a whole egg.

1 pack instant ramen noodles
600ml chicken stock
½ cooked chicken breast, sliced
4 tbsp sweetcorn, peas
or chopped beans
1 egg
sesame oil, to serve (optional)

1 Put the noodles in a pan (don't add the flavour sachet). Pour over the stock, bring to the boil, then simmer until cooked (follow pack instructions for cooking time).

2 Lift the noodles out of the pan and transfer to two bowls. Bring the stock in the pan back to a simmer, then add the chicken and cook until heated through. Scoop the chicken out with a slotted spoon, then transfer to the bowls. Warm the sweetcorn or cook the peas or beans in the stock, bringing back to the boil if you need to, then transfer to the bowl.

3 Meanwhile, cook the egg in a pan of boiling water for 6 mins. Remove carefully and cool under the cold tap, then peel and halve. Add an egg half to each bowl, then bring the stock back to a simmer and pour it over the noodles. Add a few drops of sesame oil, if you like.

GOOD TO KNOW low cal • low fat

PER SERVING 368 kcal • fat 7g • saturates 2g •
carbs 44g • sugars 6g • fibre 5g • protein 30g •
salt 2.1g

pack it up

Spoon the soup into a wide-necked flask for a hot lunch.



tip

If your children like chilli, add some slices of fresh chilli, or a few drops of chilli oil.



Egg & cress club sandwich

SERVES 1 **PREP** 10 mins
COOK 10 mins **EASY** **V**

These sandwiches make a good lunchbox filler. Make sure they're wrapped well.

2 eggs
2 tbsp mayonnaise
3 slices bread
a little butter
1/3 carton of cress
2-3 slices of tomato or a lettuce
leaf and a slice of ham or
cheese
crisps, to serve

1 Bring a pan of water to the boil and carefully lower in the eggs. Cook for 6 mins, then cool under running water until they can be peeled. Peel the eggs, then leave to cool completely.

2 Mash or chop the eggs, then mix with 1 1/2 tbsp mayonnaise and some seasoning, if you like. Toast the bread.

3 Lay one slice of bread on a board. Butter it, then, spread on three quarters of the egg and scatter over the cress. Add another slice of toast and gently spread on the remaining mayo. Add the tomato or lettuce and ham or cheese (or whichever combination you prefer). Dot the remaining egg over the top, spread gently, then top with the final piece of toast. Cut the crusts off if you like, then gently cut the sandwich into four quarters, being careful not to squash out the egg. Skewer each sandwich with a sandwich pick. Serve with crisps.

GOOD TO KNOW calcium • folate
PER SERVING 867 kcal • fat 65g •
saturates 10g • carbs 41g • sugars 5g •
fibre 3g • protein 27g • salt 2.2g



For more family recipes,
go to bbcgoodfoodme.com



Health news

Health news covering everything from ingredients and dishes to advice and new products to try



Don't miss the new summer menu at Eat Well

A new health-driven summer menu has launched at Eat Well, located within the Dubai Herbal & Treatment Centre. Open for breakfast, lunch and dinner daily, Eat Well's new menu caters to a wide-range of tastes and diets, including vegan. Delights on offer include paleo-friendly tuna tartar or vegan caprese salad to start. For main, the honey glazed cod with papaya salad is not to miss, or the vegan garden lasagna made with pumpkin and cashew béchamel. On the new menu you'll also find a great selection on generous salads, plus guilt-free desserts. For lunch, don't miss Eat Well's business lunch deal for Dhs70 per person, which includes a main and a starter. If you'd like to add on a dessert, it's Dhs95. Eat Well is also available for home and office delivery through Deliveroo, UberEats, Zomato, Talabat and FoodonClick. Call 05447 66326 or e-mail info@dubaieatwell.com.

Superfood vegan ice cream at Wild & The Moon



Wild & The Moon has welcomed new homemade, all-natural, plant based ice creams to its menu. Free from any refined sugars, ice cream flavours include matcha

banana, tangy citrus, blueberry and acai, vanilla and thyme, turmeric and mango, and more. These creamy delights rotate flavour daily at both Alserkal Avenue and Robinsons Department Store. Visit wildandthemoon.ae.

New plant based and superfood-filled menu at Ultra Brasserie

A new goodness menu has launched at Ultra Brasserie, which has outlets at Emaar Square and Dubai Marina. Dedicated to plant based, superfood-rich diets, the new menu has been developed by Ultra Brasserie's head chef to cover breakfast, deli and dinner options. For vegans and vegetarians, enjoy dishes like the vegan burger that consists of a potato and pea patty on a vegan gluten-free bun finished with fresh tomato, vegan basil pesto, oak leaf, alfalfa and beetroot ketchup. The smashed avocado on sourdough with chili and coriander on a vegan sourdough base complete with paprika, beansprouts and basil pesto is also recommended. Next there's the new 'Root to Stem' menu that features options like 'wilted wonders' – wilted beetroot leaf on sweet potato rosti topped with two poached eggs and hollandaise sauce. In addition, you'll find 'ultra power bowls' and freshly pressed juice options available at Ultra Brasserie. See ultra.ae or call 04-2775644.



Cool down with energising smoothies at Zeste Café

As the hot summer months settle in, Zeste Café at the newly-opened Holiday Inn Dubai Festival City has launched a range of organic, healthy smoothies and iced teas to help quench your thirst. The smoothie range includes 'Sensation' a banana, mango, passion fruit and frozen yoghurt smoothie; 'Ultimate' a strawberry, blueberry, raspberry, almond milk and frozen yoghurt smoothie and 'Glow' a coconut water, seeded watermelon, pineapple and mango smoothie. The iced tea collection includes the signature 'Zeste', a lemon grass, ginger, lemon zest and green tea infused beverage; the 'Hibiscus Sparkler' a hibiscus flower, fresh strawberry, honey and sparkling water drink and 'Passion Fruit' a passion fruit iced tea with kiwi, lime and fresh thyme. Smoothies are priced at Dhs25 and iced teas are Dhs29. Enjoy 50% off on selected items daily from 5pm. Call +971 4 701 1127 or e-mail restaurantreservation.dfc@ihg.com.



Text SOPHIE VOELZING | Photographs SUPPLIED

INTRODUCING

THE VERGER



Plant-based café and well-being spot, Life'n One on Jumeirah Beach Road has introduced an all-new take on the vegetarian burger, with the launch of its 'vurger'. The vurger is new on Life'n One's all-organic menu and is made up of oyster mushroom stuffing drizzled in barbecue sauce, wrapped in a beetroot gluten-free bun. The meal is complemented with a portion of air-fried sweet potato fries, coupled with the café's homemade, sugar-free tomato ketchup. E-mail info@lifene.com, visit lifene.com or call +971 56 534 2899.

Health benefits of

TOMATOES

It doesn't matter whether your tomatoes come canned or fresh, tomatoes pack a fantastic nutritional punch. Here's why we love tomatoes:

- Source of vitamin C
- Contain beta-carotene, which converts to vitamin A
- Supplies potassium and magnesium
- Rich in lycopene
- One medium tomato is 1 of your 5-a-day



TOP TRAVEL TIPS

5 ways to stay healthy during long haul flights

With holiday season in full swing, it is important to keep a few exercises in mind to practice during long-haul flights and stopovers, professionals say. With a number of potential risks when flying including dehydration, joint swelling and airborne diseases such as colds and more serious concerns; following a few simple pilates exercises can ease the stress of long distance travel and reduce the related health risks.

Michelle Scott, STOTT Pilates Instructor Trainer at Real Pilates says, "Sitting in cramped spaces can increase a number of health risks such as reduced circulation of arterial influx of fresh blood and venous outflow, bloating, blood clotting in the lower leg (Deep - Vein Thrombosis) and increase the risk of back injury."

Here are five easy exercises for during a flight, by fitness experts from Real Pilates:

1 Seated leg lifts – From a neutral seated position, raise one knee towards your chest, enabling the lower back to slightly stretch and then place it back down. Repeat the same activity on the other side. Maintaining a constant circulation of blood through the joints minimises the risk of DVT and balancing abdominal engagement to support the spine.

2 Elevated elbow stretch – Raise both hands above the head, grasp the opposite elbow and pull it towards one side till you feel the stretch. Hold the pull for around 15 seconds and repeat the same with the other elbow.

3 Seated calf raises – Whilst seated upright, apply pressure to the balls of the feet and slightly raise both the heels off the floor. Slowly release the pressure whilst lowering the heels, this will help mobilise the ankle joint. Repeat 15 times to increase circulation and reduce swelling of the feet.

4 Contraction of abdominal muscles – Sitting up straight with the spine along the length of the chair, take a deep breath and contract the muscles by holding them for five seconds. Repeat about ten times, every couple of hours during long flights, to keep the abdominal muscle active and improve digestion.

5 Modified spine twist – Cross your arms over your chest. Take a gentle twist to one side, return to the centre. Keep your chin up and your spine neutral. This activates the spine in to rotation, ease tension in the back and shoulder girdle.

For more advice, visit Real Pilates located in Palm Strip Mall, Jumeirah and Jumeirah Lake Towers, ONE JLT, or visit real-pilates.com.



Farm to kitchen

Driving forward a move towards affordability when it comes to high-quality, organic fruit, vegetables, meat and poultry, Kibsons is an online home delivery service in the UAE bridging the gap between you and farm-fresh ingredients. Director of Kibsons, Halima Jumani tells how you can now order a wider range of organic products online for doorstep delivery at lowered prices. **By Sophie Voelzing**



There's nothing quite like the excitement of having a box full of fresh, colourful fruit and veggies delivered right to your door, particularly when there are no premium costs involved, no fighting your way through hectic supermarket aisles, and not a scrap of plastic to be seen (we're all about #saynotoplastic).

When it comes to wellbeing, a big misconception today is that eating healthily comes with a hefty price tag. And yes, while a big percentage of organic and healthy ingredients sold around the world is priced much higher when compared to the not-so-good for your stuff, companies like Kibsons are defying the trend by furthering accessibility to premium ingredients that are 100% natural, with no hormones, additives or artificial preservatives, at affordable rates.

Who said that being healthy must be expensive? Speaking to Kibson's director Halima Jumani, she tells more...

Tell us about the different types of ingredients available through Kibsons...

Our core business since 1980, Kibsons offers an ever-increasing range of quality fresh fruit and vegetables from all continents. We supply a wide selection of premium produce options, organics, bulk packs, pre-packs and ready-to-eat products to a wide range of happy retail and wholesale customers in the UAE and beyond. Convenience, quality and value are Kibsons unique selling points. By controlling our own dedicated importing, warehousing, distribution, IT and customer service teams we are able to optimise product quality and ultimately improve value to thousands of private households in the UAE.

Kibsons also offers a wide range of imported and processed meat and poultry products produced in our HACCP approved facility. Historically catering only to airlines, catering companies, restaurants and hotels, our home delivery customers can now experience the same levels of product quality that we have supplied to the wholesale market for years. The

meat range includes organic, hormone-free, premium and value-added products to suit every taste and customer requirement.

Stemming from customer feedback in recent times, Kibsons now also offers a wide range of homemade sourdough breads, organic dairy and eggs, portioned seafood, organic spices and oils, imported honeys, healthy snacks, pastas, breakfast cereals and healthy. We want to offer real value, quality, taste, convenience and healthier options in all of these categories.

Where is the produce on offer sourced from?

With over 30 years' experience developing our supplier relationships, Kibsons has a broad and trusted farmer base offering premium products at the most competitive wholesale prices. A very wide range of products are sourced seasonally from local farms as well as other specialist growers on every continent.

Does Kibsons work with any local farms and brands?

Kibsons love to support local farms, brands and businesses. We have strong relationships with large and small suppliers who are proactive in their approach to growing and supplying high quality produce consistently, responsibly and economically. Many new local farms open up each year and we will work with as many as we can to ultimately satisfy the needs of our customers.

Does Kibsons offer any ready-to-make meal boxes for customer convenience?

Yes, we want to save our customers time whilst helping them to make healthier choices. Recently we launched pre-packed smoothie boxes which have been a huge hit and take the guesswork out of smoothie making for consumers on the go. Ready-to-eat meals and meal mixes are interesting concepts and we are currently researching the specific needs of our customers to develop a range that suits them best.

What organic ingredients are available through Kibsons?

Kibsons work with and support local and international organic producers and stock a wide range of organic products across all categories. Trust in organic labeling is key and all of our organic products are certified to EU and



international organic standards. Our local partners, Mawasim organic, are the largest and leading organic farm in the UAE and provide a range of high quality produce throughout the UAE's growing season.

Organic products have long been associated with high prices however the organic movement is now gaining momentum and these products are slowly becoming more affordable and popular. Kibsons goal is ultimately to make a wider range of organic products accessible and affordable to the masses so that consumers can make 'healthier' choices wherever possible.

We love that you have an 'imperfect' range. Tell us more about this and the items available under this category...

Fruit and vegetable are natural products and differ in size, shape and aesthetic appeal depending on their variety, origin and seasonality. Traditionally consumers only accepted the best looking produce however attitudes have changed noticeably in recent years. In an effort to minimise food waste and offer better value to our customers, Kibsons now promotes and sells 'uglier', imperfect produce at reduced rates. Global awareness of food waste is on the rise and our customers really appreciate



our efforts to become more sustainable whilst saving them money.

What steps does a customer take to place a delivery through Kibsons?

We often receive positive feedback from customers that our online ordering process on kibsons.com is super easy and straightforward. One needs to fill up the cart and check out. As simple as that.

We offer same day deliver with three delivery slots. Payment can be made by cash, card on delivery or online payment. We also have a Kibsons wallet for convenient payment at the time of check out. Above all, customers can save their favourite items to make future shopping even more convenient or re-order from their order history.

Are there any upcoming promotions taking place that customers should look out for, or any loyalty schemes that they can be a part of?

Our customers collect points automatically when they shop online at Kibsons, and they can earn even more points when they refer their friends to shop on the Kibsons website. All they have to do is share their referral code with family and friends to get them to sign up with Kibsons. Once they sign up using the code, their account is connected as a 'referred account' for life. Every time their friends shop online at Kibsons, they earn 20 referral points, which is up to 2% cashback on their friends shopping with us.

As for the loyalty program, for every AED 500 worth of shopping, shoppers earn 50 points. When they collect 500 points, they earn an online loyalty voucher of AED 50 to enjoy free shopping. That's up to 1% cashback on their shopping with us.

For more information, see kibsons.com or call +971 800 5427667.

Veggie protein suppers

Stay full for longer with these satisfying vegetarian dinners. Each one contains 15g of protein or more per serving

recipes SOPHIE GODWIN photographs MIKE ENGLISH

1 Satay tofu skewers with garlic & ginger pak choi



SERVES 2 PREP 15 mins COOK 10 mins EASY V

3 tbsp smooth peanut butter
1 tsp light soy sauce
pinch of chilli flakes
1 lime, ½ juiced, ½ cut into wedges
200g firm tofu (see tip, below), cut into chunks
1 tbsp rapeseed oil

1 garlic clove, sliced
small piece of ginger, sliced
200g pak choi, leaves separated
1 tbsp roasted peanuts
You will need
4 skewers (soak in cold water for 20 mins if they're wooden)

1 Mix the peanut butter, soy, chilli and lime juice together with 50ml water. Pour half into a roasting tin, add the chunks of tofu and stir to coat. Leave to marinate for 30 mins if you have time, then thread onto four skewers and put on a baking tray.

2 Heat the grill to its highest setting. Grill the tofu for 4 mins on each side until nicely browned and crisp. Meanwhile, heat the oil in a frying pan or wok. Add the garlic and ginger and sizzle for 1 min or so, then tip in the pak choi and cook for about 3 mins until wilted.

3 Divide the pak choi and skewers between plates. Sprinkle over the peanuts, drizzle over the remaining sauce and serve with lime wedges for squeezing over.

GOOD TO KNOW vegan • healthy • low cal • calcium • folate • 1 of 5-a-day
PER SERVING 339 kcals • fat 25g • saturates 5g • carbs 8g • sugars 4g • fibre 5g • protein 18g • salt 0.8g



If you can't find firm tofu, you can use another type by draining off the liquid, sandwiching between kitchen paper and putting something heavy on top of it to weight it down. Leave for half an hour before using.

2 Three bean spring minestrone



SERVES 3 PREP 10 mins COOK 15 mins EASY V

2 tbsp olive oil, plus extra for drizzling
1 banana shallot, chopped
1 fennel bulb, thinly sliced
2 garlic cloves, chopped
400g can cannellini beans
400g can borlotti beans

700ml vegetable stock
100g green beans, chopped
rind of a vegetarian hard cheese, plus 30g, grated
150g frozen peas
1 lemon, zested
handful basil leaves, torn to serve

1 Put the oil in a saucepan over a medium heat, add the shallot, fennel, garlic and a pinch of salt and cook until softened. Drain the beans, reserving the starchy water from half of one can. Tip these into the pan along with the stock, green beans and cheese rind. Cook for 15 mins until the green beans are completely softened.

2 Stir in the peas, cook for a couple of mins more, then stir in the lemon zest and grated cheese. Season to taste. Ladle between bowls and top with the basil leaves.

GOOD TO KNOW healthy • low cal • fibre • 3 of 5-a-day
PER SERVING 367 kcals • fat 14g • saturates 4g • carbs 29g • sugars 8g • fibre 18g • protein 22g • salt 1.3g

3 Butternut, chickpea, feta & pickled radish salad



SERVES 4 PREP 15 mins COOK 50 mins EASY V

2 tbsp olive oil
1 tbsp rose harissa
1 butternut squash, skin on, seeds removed and cut into large wedges
2 x 400g can chickpeas, drained

2 tbsp sherry vinegar
200g mixed radishes, cut into pieces
80g vegetarian feta, crumbled
1 small pack dill, chopped
2 tbsp pumpkin seeds, toasted

1 Heat oven to 200C/180C fan/gas 6. Mix the oil with the harissa, then toss with the butternut squash and some seasoning in a large roasting tray. Roast for 30 mins. Add the chickpeas, toss together, then cook for a further 20 mins.

2 Meanwhile, heat the sherry vinegar in a saucepan with a big pinch of sugar and salt with 1 tbsp water. Bring to a simmer, then remove from the heat and tip in the radishes. Mix and set aside.

3 Pile the butternut and chickpeas onto a platter, mix through most of the feta and dill, then scatter over the pickled radishes and their liquor. Top with the remaining feta, dill and pumpkin seeds.

GOOD TO KNOW healthy • low cal • calcium • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 370 kcals • fat 17g • saturates 4g • carbs 33g • sugars 8g • fibre 11g • protein 16g • salt 0.7g



Sunshine cakes

Bring the sunshine indoors over the hot summer months, with these delicious, colourful cakes



Eton mess cheesecake

Assemble when ready to eat – if it's a hot day, put the cheesecake in the freezer for 20 mins before decorating.

SERVES 8-10 PREP 20 mins plus at least 4 hrs chilling NO COOK

100g butter, plus extra for the tin
200g digestive biscuits
375g mascarpone
420g full-fat cream cheese
150g icing sugar, plus 2 tbsp for the strawberries
1 vanilla pod, seeds scraped, pod reserved
225ml double cream
600g strawberries, hulled, larger ones cut in half
1 tbsp balsamic vinegar
10 shop-bought mini meringues
edible flowers, to decorate (optional)

1 Butter a 20cm springform cake tin and line the base with baking parchment. Put the biscuits in a plastic bag and use a rolling pin to bash them into crumbs – or blitz in a food processor. Melt the butter, then stir it into the biscuit crumbs, mixing thoroughly. Tip into the tin, press down to create a firm layer and put in the fridge for 1 hr to set.
2 Using an electric whisk, beat the cheeses, sugar, vanilla seeds and a pinch of salt until thick and smooth. Pour in the double cream and whisk until only just combined. Spoon the filling onto the base, smooth the top and return to the fridge for at least 4 hrs or overnight.

3 Half an hour before serving, put the strawberries in a bowl with 2 tbsp icing sugar, the balsamic and scraped vanilla pod. Mix once, then leave the strawberries to soften slightly and release their juices. Push $\frac{1}{4}$ of the strawberries through a sieve along with the juices to create a thick purée – or blitz in a food processor.

4 To serve, run a knife around the outside of the cheesecake, release it from the tin, then top with the strawberries dotted with the meringues, crushing some as you go. Drizzle over the purée and decorate with flowers, if using.

GOOD TO KNOW vit c
PER SERVING (10) 669 kcal • fat 52g • saturates 32g • carbs 43g • sugars 33g • fibre 3g • protein 6g • salt 0.8g

Peach & red berry ice cream cake

This cake looks impressive, but it uses an all-in-one sponge recipe and a no-churn ice cream – simple.

CUTS INTO 12 slices **PREP** 45 mins
plus 4 hrs freezing **COOK** 30 mins
EASY ✨

For the cake

75g butter, softened, plus extra for the tin
175g golden caster sugar
175g self-raising flour
3 medium eggs
100g soured cream (from a 300g pot, use the rest in the ice cream layer, below)

1 tsp vanilla extract

For the ice cream layer

200g raspberries, plus extra to serve
100g redcurrants, plus extra to decorate
300ml pot double cream
100g icing sugar, plus 2 tbsp
250g tub mascarpone
200g soured cream (leftover from the cake)
3 peaches, stoned and chopped

1 Heat oven to 160C/140C fan/gas 3. Butter and line the base and sides of a 20cm deep cake tin with baking parchment. Put the butter, sugar, flour, eggs, soured cream, vanilla and $\frac{1}{4}$ tsp salt in a large mixing bowl, and blend together using an electric hand whisk. Once smooth, scrape into the cake tin and bake for 50–55 mins until golden and risen, and a skewer inserted in the centre comes out clean. Leave to cool for 10 mins in the tin, then transfer to a wire rack to cool completely.

2 Clean the cake tin and line with a double layer of cling film. Tip half the raspberries, half the redcurrants and the 2 tbsp of icing sugar into a bowl, and lightly crush with a fork. Set aside. Pour the double cream, icing sugar, mascarpone and remaining soured cream into another bowl and whisk with an electric hand whisk until softly whipped and just holding its shape. Fold through the soured cream, peaches, and all the whole and crushed berries.

3 Split the cake into three even layers. Flip the top layer into the

cake tin, so the top now becomes the base. Scrape half the cream and fruit mixture into the tin, spread to the edges and level the top. Flip the middle layer of cake into the tin, top with the remaining cream and fruit mixture, then flip on the final layer of sponge. Give the sponge a gentle press to expel any gaps between the layers, then overwrap and place in the freezer for at least 4 hrs. You can also freeze some extra raspberries and redcurrants to serve alongside. .
4 Remove the cake from the freezer 20 mins before serving. Tip it out of the tin onto a cutting board and slice. Any leftovers can be put back in the freezer and eaten over the next two weeks. Serve with extra berries and a red berry coulis, if you like (recipe below).

PER SLICE 541 kcal • fat 37g • saturates 23g • carbs 46g • sugars 32g • fibre 2g • protein 7g • salt 0.5g



Red berry coulis

MAKES about 200ml **PREP** 5 mins plus chilling **COOK** 5 mins **EASY**

Put **200g raspberries** and **100g redcurrants** (stems removed) in a saucepan with **100g golden caster sugar**. Set over a medium heat, crushing with the back of a fork, until the sugar has dissolved and the berries have become saucy. Taste and add a little more sugar if the berries are particularly sharp. Strain through a sieve, then chill until ready to serve.

PER SERVING 23 kcal • fat none • saturates none • carbs 6g • sugars 6g • fibre 1g • protein none • salt none



Pistachio, courgette & lemon cake

This gorgeous bake is big on flavour but light in texture – and just as good packed into a tin for a picnic as it is served for a summery dessert.

If you've some lemon curd lingering in the fridge, drizzle this on top too with the icing – not essential, but delicious.

CUTS INTO 15 squares **PREP** 35 mins plus cooling **COOK** 35-40 mins
✳ un-iced

175g shelled pistachios
250g golden caster sugar
200g butter, at room temperature, plus extra for the tin
280g plain flour
1½ tsp each baking powder and bicarbonate of soda

3 large eggs
140g Greek-style, full-fat yogurt (buy a big pot and keep the rest to serve alongside)
3 lemons, zested and juiced
140g coarsely grated courgette
175g icing sugar
2 tbsp lemon curd (optional)

- 1 Put 150g of the pistachios and the sugar in a food processor and whizz until the nuts are very finely ground.
- 2 Heat oven to 180C/160C fan/gas 4, butter a 20 x 30cm cake tin and line the base with baking parchment. Tip the pistachio sugar into a big mixing bowl with the butter, flour, baking powder and bicarb, eggs, yogurt and the zest and juice from 2 of the lemons. Beat with an electric whisk until smooth and combined.
- 3 Stir in the courgette until everything is well mixed, then

scrape into the prepared tin. Bake for 35-40 mins until the cake is risen and golden, and a skewer poked into the centre comes out clean. Leave to cool.

4 When the cake has fully cooled, remove from the tin and peel off the baking parchment. Sift the icing sugar into a bowl, then gradually stir in enough lemon juice to get a runny-ish consistency. If you run out of juice, carry on mixing with water. Drizzle thickly over the cake, and repeat with lemon curd, if you like. Roughly chop the remaining pistachios and scatter over the icing, along with the remaining lemon zest. Leave to set for 10 mins, then cut into squares and serve with Greek yogurt. *Will keep for three days in an airtight tin.*

PER SQUARE 377 kcal • fat 19g • saturates 9g • carbs 45g • sugars 31g • fibre 2g • protein 6g • salt 0.7g



VOTE NOW!



The BBC Good Food Middle East Awards are back for the ninth year to celebrate the best in food from across the region, as voted for by you. With over 60 categories to vote in, featuring new awards for Oman, Bahrain, Kuwait and Saudi Arabia.

Vote now for who you think serves the best food around and you could be heading to the Seychelles!

For a chance to win a holiday for two at the DoubleTree by Hilton Seychelles – Allamanda Resort & Spa worth Dhs10,000, all you need to do is hit the 'share' button after you have cast your votes online!

**WIN A DREAM
HOLIDAY IN
THE SEYCHELLES
WORTH
DHS 10,000!**

#bbcgfmeawards

Vote now at bbcgoodfoodme.com/awards

APPLIANCE PARTNER



EVENT PARTNER



BEVERAGE PARTNER



VENUE PARTNER



HOLIDAY PRIZE PARTNER



PRIZE PARTNERS



OFFICIAL PUBLICATION



ORGANISER



*** VOTING CLOSSES 8TH NOVEMBER 2018.**



WIN!

**A 2-night stay at
Khalidiya Palace
Rayhaan by
Rotana!**

Win a two-night stay at Khalidiya Palace Rayhaan by Rotana in a classic suite including a breakfast buffet for 2 adults and 2 children worth Dhs5,000

Cast away in the turquoise waters of the Arabian Gulf Sea and conveniently located near the breathtaking Presidential Palace, Khalidiya Palace Rayhaan by Rotana is the first property to open in Abu Dhabi under Rayhaan Hotels & Resorts by Rotana brand.

Guests can enjoy a wide range of activities around one of the biggest pools in the area, with a special kid's pool and the private beach. The Bodylines Fitness and Wellness Club with its team of specialists offer fitness classes and the state of the art gym for the whole family to enjoy. The Wellness and Massage features 6 treatment suites and 2 luxurious relaxation rooms offering personalised programs and packages for the benefit of esteemed guests.

The hotel has four outlets offering a true culinary journey to satisfy everyone's taste buds.

Awards winning, Kamoon restaurant, situated

by the beach is the perfect place to experience authentic Arabic flavours. Restaurant's exotic ambience and signature dishes prepared by the talented chef's and leave flavours to remember long time. Kamoon is definitely a place to enjoy the magnificent terrace and unbeatable outdoor view.

Relax in this beautiful setting while enjoying a delicious meal that will amaze you with its many flavours. Horizon, the all-day dining venue, welcomes you to rediscover the international cuisine in a contemporary and elegant atmosphere. Located in the lobby, The Lounge offers light meals, irresistible sweet delights with diverse coffee aromas and healthy refreshments to savour while facing the stunning pool view.

Khalidiya Palace Rayhaan by Rotana is truly a hidden jewel in the heart of Abu Dhabi.

The prize draw for a two-night stay at Khalidiya Palace Rayhaan by Rotana will be made at the end of July 2018. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

**SCAN THIS QR CODE
TO GO STRAIGHT TO
OUR WEBSITE.**



To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.



WIN!

**A 1-night stay at
Dubai Marriott
Harbour's
Penthouse
Suite!**

Win a one-night stay at Dubai Marriott Harbour's Penthouse Suite for 2 people, including breakfast at Counter Culture Café and a 3-course set menu dinner at the stunning Observatory Bar & Grill, worth Dhs5,000

Set against scenic views of the city, Dubai Marriott Harbour Hotel & Suites is the ideal place to unwind and socialise, within fully-serviced suites and just steps away from key attractions, beaches and business hubs.

The premium location provides exceptional, unhindered views of Palm Jumeirah and Dubai Marina and is in close proximity to public transportation. There is something for everyone with three great social dining avenues – Counter Culture Café, Observatory Bar & Grill and The Croft – set in an urban locale offering modern and evolving food choices.

Guests can enjoy services that go the extra mile in creating comfortable and memorable experiences in their home away from home.

The prize draw for a one-night stay at Dubai Marriott Harbour's Penthouse Suite, will be made at the end of July 2018. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

**SCAN THIS QR CODE
TO GO STRAIGHT TO
OUR WEBSITE.**



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

A WEEKEND 2-NIGHT STAY IN RODA LINKS AL NASR FOR 2 WITH FULL BOARD! WORTH DHS2,500

Have a lovely weekend break at RODA Links Al Nasr, a newly opened hotel and the seventh property in RODA Hotels and Resorts portfolio located in Dubai's Oud Metha. The 4-star property rooms are equipped with state-of-the-art amenities and services for a more comfortable and pleasant stay. The prize includes a stay in a Premium Room with breakfast, lunch and dinner in our all-day dining restaurant, 1971. Enjoy the fully equipped gymnasium, sauna and outdoor swimming pool. Relax in the beautiful rooftop Anees Pool Bar and watch your favourite sports live in Brugge pub.



WIN!

A CULINARY ADVENTURE TO THE ORIENT FOR 4 AT HIKINA'S NEWLY-LAUNCHED BRUNCH! WORTH DHS596

An explosive rollercoaster of tastes awaits you at Hikina, the intentionally lo-fi, purposefully imperfect Pan-Asian pop up restaurant at Lapita, Dubai Parks and Resorts. Hikina's Pan-Asian Family Brunch is a treat for the senses with appetizers, assorted dim sum, live hand-pulled noodles, curry stations, desserts and much more. Available from 1:00pm - 4:00pm.



WIN!

1 OF 2 SUSHI-HOLIC MONDAY NIGHT'S FOR 2 AT NOSH RESTAURANT! WITH DHS516

From classic salmon sushi, unagi and crab-crazy maki specials to innovative Chinese culinary creations,

you will be in for a treat! Freshly prepared by skilled chefs at the open counter, roll into the week at Nosh restaurant with cod teriyaki and chicken tori katsu are a must, while the sticky rice with mango sets a new standard for desserts. It's a well-deserved Monday indulgence at Nosh restaurant.



WIN!

DINNER FOR 4 AT THE SUMMER TENT AT EWAAN! WORTH DHS500

With summer in full bloom, revel in an enchanting evening with exceptional company, vibrant conversations and

delightful cuisine in the iconic air-conditioned Summer Tent at Ewaan. Surrounded by picturesque architecture and Arabian hospitality, guests can enjoy a sumptuous buffet at Ewaan or choose to order à la carte, while also enjoying a flavoursome hubbly bubbly.



WIN!

A FRIDAY MEDITERRANEAN BRUNCH FOR 2 AT SABELLA'S WITH POOL AND BEACH ACCESS! WORTH DHS500

Your perfect Friday awaits! Indulge in an array of culinary surprises, where the

lavish buffet awaits with specialities from Italy, France, Spain and Greece, accompanied with dedicated live stations where fresh pizza and pasta compete with the best seafood coming directly from the grill.

Then, your laid-back afternoon can continue at the temperature controlled pool or the pristine white-sand private beach, offering the best spot for a breathtaking sunset.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



OPEN
CALL



AUDITION

WANNA TICKLE YOUR TASTE BUDS?

NEW MENU
IS NOW AVAILABLE IN ALL

زاروب
Zarob

RESTAURANTS



SUPPORT US!



NOMINATED FOR THE BBC GOOD FOOD ME AWARDS,
FOR BEST MIDDLE EASTERN RESTAURANT DUBAI

SHEIKH ZAYED ROAD • AL MAJAZ • GOLDEN MILE GALLERIA • IBN BATTUTA • MARINA
FOLLOW US @ZAROOB WWW.ZAROOB.COM



ENJOY
IT'S FROM
EUROPE



Peach Garden

fresh and natural

Enjoy European Peach!

As an exclusively summer, cool, juicy, and full of flavor fruit, the peach is considered as the fruit of purity and immortality, according to some Eastern traditions.

The peach is ideal for those watching their diet, since it is low in calories, and high in vitamins.

Food safety is a top priority for Europe.

→ The Peach Growers Associations that take part in the implementation of this program perform tests in privately-owned laboratories, to ensure thus the safety and quality of the products sold to consumers in the international market.

www.peachgarden.eu



CAMPAIGN FINANCED WITH AID FROM
THE EUROPEAN UNION AND GREECE

